

## RESOURCES FOR CAREGIVERS OF PEOPLE WITH BIPOLAR DISORDER

<p><b>Depression and Bipolar Support Alliance (DBSA) Chapters/Support Groups</b>          In-person:  <a href="https://tinyurl.com/DBSAInPerson">https://tinyurl.com/DBSAInPerson</a>          Online: <a href="https://tinyurl.com/DBSAOnline">https://tinyurl.com/DBSAOnline</a></p>	<p><b>Family Caregiver Alliance</b>  <a href="https://www.Caregiver.org">https://www.Caregiver.org</a>          The nation's first community-based nonprofit addressing the needs of caregivers. The FCA offers several services, education programs, resources and tools.</p>
<p><b>Families for Depression Awareness</b>  <a href="http://www.FamilyAware.org">http://www.FamilyAware.org</a>          An organization serving families of those living with bipolar disorder and depression. Offers a webinar series about adult bipolar disorder, a free Bipolar Disorder Action Plan, and a brochure with family stories, tips and resources.</p>	<p><b>Bipolar Disorder: Beyond the Basics</b>  <a href="https://tinyurl.com/BDBeyondBasics">https://tinyurl.com/BDBeyondBasics</a>          A replay of a webinar offering practicable solutions to caregivers of people with bipolar disorder. The webinar was moderated by the co-executive director of Families for Depression Awareness and editor-in-chief of the advocacy blog, CareForYourMind.org.</p>
<p><b>The SAFE Program: Mental Health Facts for Families</b>  <a href="https://www.ouhsc.edu/safeprogram/">https://www.ouhsc.edu/safeprogram/</a>          An 18-session education program for families/caregivers of military veterans and others living with a serious mental illness or post-traumatic stress disorder.</p>	

'Remember the disease is the "enemy" not your loved one. Fight the disease, but embrace your loved one, let them know you are there for them and understand they are the one suffering. This is a battle that you will eventually win. This is not a race, but a marathon.'—*Living With Someone With Bipolar Disorder*  
[\[https://www.nami.org/Personal-Stories/Living-with-Someone-with-Bipolar-Disorder#\]](https://www.nami.org/Personal-Stories/Living-with-Someone-with-Bipolar-Disorder#)

### Need help? Want to help?

<p style="text-align: center;"><b>Call 911</b></p> <p style="text-align: center;">Remember to inform the operator it is a mental health emergency.</p>	<p style="text-align: center;"><b>Call 1-800-950-NAMI (6264)*, text 'NAMI' to 741741 or email <a href="mailto:info@nami.org">info@nami.org</a></b></p> <p style="text-align: center;">The National Alliance on Mental Illness (NAMI) has chapters in all 50 states, the District of Columbia and the Virgin Islands.</p> <p style="text-align: right;">(*Mon–Fri; 10 a.m.–6 p.m.)</p>
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