



## Additional Resources for Hard Call: Derailed

### Episode One

The [National Suicide Prevention Lifeline](#) provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

**Call the Lifeline at 1-800-273-TALK (8255)**

[Mental Health Treatment Services Locator](#): Are you or a loved one experiencing mental illness and looking for help? This is a searchable, web-based database of where to find mental health care and addiction treatment services in your area.

If you are looking for a patient support group for individuals with mental health concerns, [The Depression and Bipolar Support Alliance](#) offers a searchable database of patient support groups and organizations, including online groups.

#### **To learn more about bipolar disorder:**

The National Institute of Mental Health has created a terrific web brochure on bipolar disorder, [Basic information on Bipolar Disorder: What is it and where to get help](#), with reliable information and basic facts about diagnosis and treatment.

The National Institute of Mental Health also has a more [in-depth web page on bipolar disorder](#), which provides details on symptoms, treatments, and risk factors for bipolar disorder, as well as information on research studies and how to learn more or enroll.

[PsychCentral.com](#)—this page provides an overview of symptoms and characteristics of someone experiencing mania.

[The Bipolar Puzzle](#) – an article from the New York Times that follows the struggles of a family dealing with a child with bipolar disorder.

Kay Jamison's [An Unquiet Mind](#) is a best-selling, classic yet contemporary account of a very successful person coming to understand and address her bipolar disorder. She has been widely interviewed on her experiences. A couple of nice, short interviews are [here](#), and [here](#).

There are a very large number of good videos about living with bipolar illness... to get started, check out Helen M. Farrell's [TEDEd lesson](#), or watch comedian [Joshua Walter](#) and young scientist [Laura Bain](#)'s descriptions of their lived experiences with bipolar illness and how it has shaped their sense of identity and influenced their character and decisions. A compilation of TED talks on mental illness is [here](#).



**To learn more about issues related to involuntary commitment:**

[Committed: The Battle over Involuntary Psychiatric Care](#)-- Dinah Miller, MD, and Annette Hanson, MD with a foreword by Pete Earley. 2016. John Hopkins University Press. *"A compelling look at involuntary psychiatric care and psychiatry's role in preventing violence."*

[The heated battle over when to commit a patient involuntarily to psychiatric care](#). Damon Tweedy, MD, (author of *Black Man in a White Coat: A Doctor's Reflections on Race and Medicine*) wrote this *Washington Post* op-ed piece, inspired by Miller and Hanson's book.

[Civil Commitment in the United States](#). *Psychiatry*. 2010 Oct; 7(10): 30-40. By Megan Test, MD and Sara G. West, MD. This article provides an overview of the history of involuntary psychiatric hospitalization in the United States—from the creation of the first asylum and the era of institutionalization to the movement of deinstitutionalization.

[Closing the Mortality Gap – Mental Illness and Medical Care](#). *New England Journal of Medicine*. 2016; 375:1585-89. By Lisa Rosenbaum. A recent, nuanced exploration of why patients with mental illness experience dramatically shorter life expectancy, including because (the author argues) physicians too often allow people with mental illness to make bad decisions, such as refusing medical care. Representative quote: "... as we strive to shed our paternalism, do we have a harder time distinguishing a preference that should be honored from an irrational decision that should be ignored?"