



## Additional Resources for Hard Call: Derailed

### Episode Five

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 the features of bipolar disorder:**

- [Helping a Friend or Family Member with Depression or Bipolar Disorder](#) - This webpage offers detailed advice and guidance for family and friends of people struggling with depression or bipolar disorder from the [The Depression and Bipolar Support Alliance](#).
- [Triggers of Mania in Bipolar People](#) — LaRae Labouff. December 12, 2015. PsychCentral. This short article by LaRae Labouff in [PsychCentral](#) lists a set of common triggers of mania for those living with bipolar disorder.
- [Learn More: Anosognosia](#). The [National Alliance on Mental Illness](#) gives a concise explanation of “anosognosia,” the inability for a person to perceive or understand their own mental health condition, which is a common feature of some psychiatric conditions, including mania.

**To learn more about how Bipolar Disorder affects the lives of those afflicted:**

- [Crazy Good: How Mental Illness Helps Entrepreneurs Thrive](#)- Matt McFarland. April 29, 2015. The Washington Post. This article offers insight as to why some people with bipolar disorder and other mental health issues, including ADHD and anxiety, can be attracted to and thrive in entrepreneurial environments.
- [How Bipolar Disorder was Key to Kayak’s Success](#) - Paul English, founder of Kayak, describes to Inc. Magazine how his bipolar disorder was a factor his business’ success, but at a cost.
- [Mental Health Problems in the Workplace](#)- [Harvard’s Mental Health Newsletter](#) describes some ways that mental health problems, including depression, bipolar disorder and anxiety can manifest themselves at work.



# HARD CALL

- [TedxTerryTalks- Living with Bipolar Type II-](#) In this independently organized Tedx event, Laura Bain describes the trials and tribulations of living with bipolar type II, and how it has informed her character and sense of identity.
- [Touched with Fire.](#) Kay Redfield Jamison PhD. October 18th, 1996. Simon and Schuster Publishing. Dr Jamison explores the profound ways that bipolar disorder intertwines with creativity and art. She presents an understanding of the biological foundations of this condition and applies it to the lives and works of some of the world's greatest artists including Lord Byron, Vincent Van Gogh and Virginia Woolf.
- [Another Kind of Madness: A Journey Through the Stigma and Hope of Mental Illness](#) —Stephen P. Hinshaw PhD. June 20, 2017. St Martin's Press. Dr. Hinshaw, a professor of developmental psychology at UC Berkeley, explores his personal relationship with bipolar disorder and stigma in this compelling memoir about his father.