

Bipolar Disorder

Resources

Links to blog articles from Catherine Ness at Affective Counseling

Understanding Bipolar Disorder:

Bipolar Disorder is a mood disorder in which individuals experience extreme moods ranging from depression to mania. Click [here](#) to learn more.

I've been diagnosed with Bipolar Disorder - where do I go next?

A diagnosis of Bipolar Disorder can be overwhelming. Click [here](#) to learn essential skills when trying to stabilize mood.

Supporting a loved one struggling with Bipolar Disorder:

Struggling with Bipolar Disorder is an on-going and exhausting battle for the affected individual. Watching someone you love struggle can be equally challenging. Click [here](#) to learn how to support your loved one.

NAMI Programs

NAMI Connections Support Group:

A peer-led support group for any adult who has experienced symptoms of a mental health condition. This free group encourages empathy, productive discussion and a sense of community.

Click [here](#) to learn more or email us at info@namiba.org.

NAMI Family Support Groups

For family members or friends of people living with a mental illness. Click [here](#) to learn more or email us at info@namiba.org

NAMI Family-to-Family Education Classes:

A free program for family & friends of people living with mental health concerns. Research indicates this program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. Click [here](#) to learn more or call Teri at 847-809-6038.

WRAP - Wellness Recovery Action Plan:

An empowering 8 week recovery education class for folks living with a mental illness and looking for a personal self-direct guide to daily living. Our next class: Sept 11th - October 30th; Wednesday, 7-9pm; Holy Family Church in Inverness near Hoffman Estates. Click [here](#) to learn more or email us at info@namiba.org.

DBSA - Depression Bipolar Support Alliance

Offers in person and online support groups for people living with depression or a mood disorder as well as their family and friends. Click [here](#) to learn more.



Barrington
Area



Depression and Bipolar
Support Alliance