

Educational Resources for Persons with Depression or Bipolar Disorder

The recommended educational offerings listed below are available through the organization's website as listed.

American Psychiatric Association (APA)

APA is a medical specialty society with over 35,000 physicians working together to ensure humane care and effective treatment for all persons with mental disorders.

Recommended educational offerings:

- Let's talk Facts About Depression
- Let's talk Facts About Bipolar Disorder

American Psychiatric Association
1000 Wilson Blvd.
Suite 1825
Arlington, VA 22209

www.psych.org
703-907-7730

Depression and Bipolar Support Alliance (DBSA)

DBSA is the nation's leading patient-directed organization focusing on the most prevalent mood-related mental illnesses, depression and bipolar disorder.

Recommended educational offerings:

- Myths and Facts about Depression and Bipolar Disorder
- Just Diagnosed? You are not alone
- Introduction to Depression and Bipolar Disorder
- Dual Diagnosis and Recovery

Depression and Bipolar
Support Alliance
730 N. Franklin Street, Suite 504
Chicago, IL 60610-7224

www.dbsalliance.org
Toll Free 800-826-3632

Mental Health America (MHA)

Formerly The National Mental Health Association

MHA is the nation's oldest non-profit advocacy organization.

Recommended educational offerings:

- Bipolar Disorder – What you need to know
- What is Bipolar Disorder? – A Guide to Hope and Recovery in African Americans
- Mood Disorders

Mental Health America
2000 N. Beauregard St, 6th Floor
Alexandria, Virginia 22311

www.nmha.org
Toll Free 800-969-6642

National Alliance on Mental Illness (NAMI)

NAMI is the nation's largest grassroots mental health organization dedicated to improving the lives of persons with serious mental illness and their families.

Recommended educational offering:

- Understanding Bipolar Disorder – What you need to know about this medical illness

National Alliance on Mental Illness
Colonial Place Three
2107 Wilson Blvd. Suite 300
Arlington, VA 22201-3042

www.nami.org
Toll Free: 1-800-950-6264

National Institute of Mental Health (NIMH)

NIMH is the leading federal agency for research in mental and behavioral disorders

Recommended educational offering:

- A Story of Bipolar Disorder

National Institute of Health
Public Information &
Communication Branch
6001 Executive Blvd.
Room 8184, MSC 9663
Bethesda, MD 20892-9663

nimh.nih.gov
Toll Free 1-866-615-6464