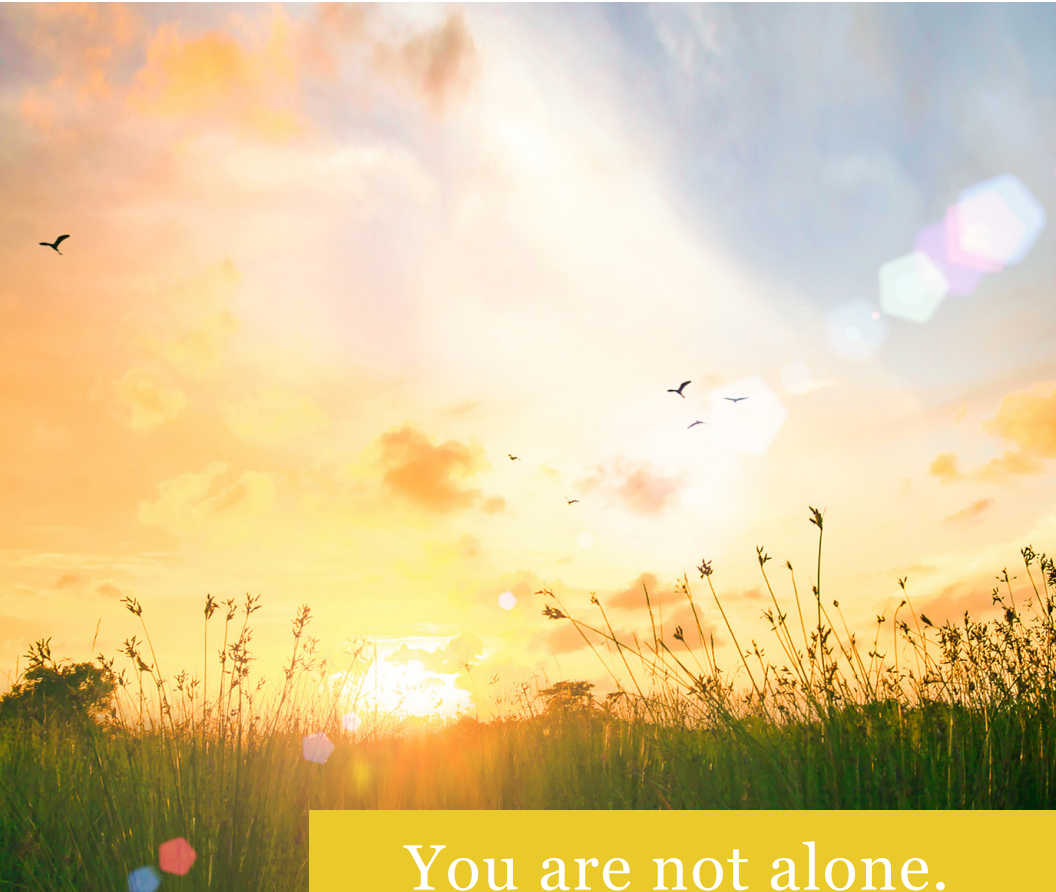




# SAN DIEGO RESOURCE GUIDE



You are not alone.

## **WE ARE HERE FOR YOU.**

The International Bipolar Foundation is your connection to resources, support and education for bipolar disorder.



strength  
hope  
community



**YOU ARE NOT ALONE.  
WE ARE HERE FOR YOU.**

Founded in 2007 by four parents with children affected by bipolar disorder, our mission is to improve understanding and treatment of bipolar disorder; to promote care and support resources for individuals and caregivers and to erase stigma through education.

Understanding a new diagnosis or caring for a loved one can be overwhelming. Our resources can assist you in creating a wellness strategy for you and your family. Connect with us and find strength and hope in our community.

Here are three ways that you can connect with us:

- 1) call us at **(858) 598-5967**
- 2) email us at **info@ibpf.org**
- 3) visit our website at **www.ibpf.org**



## WHAT YOU WILL FIND WHEN YOU REACH OUT.

IBPF resources are available at no cost to you.



**My Support E-Newsletter** is a monthly publication filled with information, stories, research updates, upcoming coming events and more



Our **Healthy Living with Bipolar Disorder** book provides an extensive overview of living with bipolar disorder. Available in PDF, Kindle, or hard copy



In our **Blog** section of our website, you can read stories about lived experience, relationships, parenting, lifestyle strategies, support and other related topics.



Use our **Webinar Series** to listen to valuable and pertinent information to help with the understanding and management of bipolar disorder.

# What is bipolar disorder?

Bipolar disorder is a brain disorder that causes unusual shifts in a person's mood, energy, and ability to function. Different from the normal ups and downs that everyone goes through, the symptoms of bipolar disorder can be severe. They vary in intensity, duration, and frequency. These emotional changes are accompanied by other changes, affecting sleep, appetite, activity, thoughts, and behaviors. They can impact relationships, job or work performance, and desire to live.

A high or "up" period is referred to as mania. When the high is less severe, it is called hypomania. A low period is called depression.

## There is good news.

Bipolar disorder can be managed successfully and people with this illness can live full lives.



Bipolar disorder comes with many symptoms.

## You or your loved one may experience some, or all, of these indicators:

### MANIC EPISODE

- Increased energy, activity and restlessness
- An elated, expansive, overly joyful, overly silly or irritable mood
- Racing thoughts
- Talking very fast, jumping from one idea to another
- Easily distracted, can't concentrate
- Decreased need for sleep
- Unrealistic beliefs in one's abilities and/or powers
- Poor judgement
- Increased sexual drive
- Provocative, intrusive or aggressive behavior
- Excessive involvement in pleasurable but risky activities

### DEPRESSION

- Loss of interest in hobbies
- Frequent sadness, tearfulness or persistent crying
- Significant weight loss or gain/change in eating habits
- Social isolation or withdrawal from others
- Sleeping too little or too much
- Fatigue or loss of energy
- Inability to concentrate or make decisions
- A sense of hopelessness, worthlessness or inappropriate guilt
- Poor school or work performance
- Thoughts of death or suicide



## Thoughts for Caregivers

Supporting our loved ones with bipolar disorder can be a tall order. It is crucial to remember to take care of your own health while caring for someone else. Research shows that stress hormone levels for caregivers can be up to 25% higher than average.

### HERE ARE SOME IDEAS to help you care for yourself:

- **Exercise daily** – Even a short walk can help relieve some stress.
- **Rest and sleep** – Your body must have rest time to stay healthy. Avoid stressful activities in the evening hours to boost the opportunity for restorative sleep.
- **Take a warm bath** – Indulge yourself an hour or so before going to bed.
- **Laugh** – A good laugh raises oxygen levels, produces endorphins, stimulates internal organs, and boosts immunity.
- **Find support** – Find friends, professionals or support groups that you can talk with. Being in the company of those who understand you, or are going through similar situations themselves, can help reduce your level of helplessness.
- **Eat well** – Try to avoid caffeine, sugar, processed foods, and alcohol. These types of foods disrupt the healthy functioning of your body.



## If you don't have insurance coverage...

THESE ORGANIZATIONS MAY BE ABLE TO ASSIST YOU.

- **San Diego County Psychiatric Hospital**  
**(619) 692-8200**
- **San Diego Access and Crisis Line** – For individuals in need of mental health services  
**211 or (888) 724-7240**
- **Senior Mental Health - San Diego County Aging and Independent Services** – Provides emergency mental health screening and evaluation to seniors. **(800) 510-2020**
- **Mobile Counseling Center – Family Health Centers of San Diego** – Offers traveling services at locations throughout the county  
**(619) 515-2338**
- **Mental Health America San Diego (MHASD)** – Free or low-cost treatment and resources  
**(619) 543-0412**

# Resources



## RESOURCES FOR CHILDREN AND ADOLESCENTS

In addition to the resources that the International Bipolar Foundation can provide, there are other resources available to assist you. For help with children and adolescent diagnoses this list of services may provide additional support.

- **Children, Youth and Families Behavioral Health Services** – Aids children and adolescents and their families with mental health needs **(888) 724-7240**
- **Rady Child and Adolescent Psychiatry Services (CAPS)** – Is an inpatient unit for children and adolescents up to age 18 with psychiatric illness **(858) 576-1700**

CONTINUED >

- **Rady Children’s Behavioral Health Urgent Care** **(858) 966-5484**
- **UCSD Early Psychosis in Adolescents and Young Adults** **(619) 543-7745**
- **24/7 Emergency** **(619) 543-6737** – The early psychosis treatment program at UC San Diego Health is designed for adolescents and young adults who are experiencing changes in their thoughts, behavior or emotions that might be associated with serious mental health issues.
- **San Diego Unified School District Mental Health Resource Center** **(858) 573-2227**
- **Family Health Centers of San Diego - Teen Health Center** **(619) 515-2382**
- **Sharp Mesa Vista Hospital** **(858) 836-8434**
- **PERT (Psychiatric Emergency Response Team) Emergency Services** – **Dial 911** – ask for the PERT team to respond. Let them know you need assistance for a mental health emergency. PERT admin office **(619) 276-8112**
- **BPChildren** – Provides information and educational resources for children and parents, families, friends and teachers of children with bipolar disorder. **Bpchildren.com**
- **National Institute of Mental Health (NIMH)** – An article on Bipolar Disorder in Children and Teens: **[nimh.nih.gov/health/publications/bipolar-disorder-in-children-and-teens-qa-15-6380/index.shtml](https://www.nimh.nih.gov/health/publications/bipolar-disorder-in-children-and-teens-qa-15-6380/index.shtml)**
- **The Balanced Mind Parent Network (BMPN)** – A program of the Depression and Bipolar Support Alliance (DBSA), supports families raising children with mood disorders. **(800) 826-3632 [community.dbsalliance.org/welcome.htm](https://community.dbsalliance.org/welcome.htm)**

# Resources for Adults



- **San Diego County Crisis Line** (888) 724-7240
- **UCSD Early Psychosis in Adolescents and Young Adults** (619) 543-7745
- **24/7 Emergency** – The early psychosis treatment program at UC San Diego Health is designed for adolescents and young adults who are experiencing changes in their thoughts, behavior or emotions that might be associated with serious mental health issues. (619) 543-6737
- **PERT (Psychiatric Emergency Response Team) Emergency Services** Dial 911 – ask for the PERT team to respond. Let them know you need assistance for a mental health emergency. PERT admin office (619) 276-8112
- **Sharp Mesa Vista Hospital** (858) 836-8434
- **Online Chat** [up2sd.org](https://up2sd.org)
- **Disability Help Center San Diego** (888) 418-8860 or (619) 282-1761 [disabilityhelpcenter.org](https://disabilityhelpcenter.org)
- **County Aging and Independent Services** (800) 510-2020
- **National Alliance on Mental Illness (NAMI) San Diego** (619) 543-1434 [namisandiego.org](https://namisandiego.org)
- **Depression and Bipolar Support Alliance (DBSA) San Diego** (858) 444-6776 [dbsasandiego.org](https://dbsasandiego.org)
- **Courage to Call** – A helpline for all military and their families (858) 636-3604 [courage2call.org](https://courage2call.org)
- **Legal Aid Health** – A consumer center for health, education and advocacy for assistance with health care access or benefits issues, and mental health and Title IX patients' rights. (877) 734-3258 TTY (800) 735-2929 [lassd.org](https://lassd.org)
- **Domestic Violence Hotline** – For San Diego County (888) 385-4657





## Build Your Wellness Team

Finding a professional mental health partner is essential to putting together your wellness team. These organizations and articles provide services and information that may help you find and select practitioners for your support network.

### MENTAL HEALTH PARTNERS

- **Mental Health Systems** – A locator find services in San Diego county for mental health and other specialty services. [\(858\) 573-2600](tel:8585732600) [mhsinc.org](http://mhsinc.org)
- **Mental Health America San Diego (MHASD)** – Free or low resources [\(619\) 543-0412](tel:6195430412) [mhasd.org](http://mhasd.org)
- **Union of Pan Asian Communities San Diego** – Culturally-sensitive services to under-served Asian, Pacific Islander, Latino, Middle Eastern, East African, African American and other ethnic populations of San Diego. [\(619\) 232-6454](tel:6192326454) [upacsd.com](http://upacsd.com)
- **Veterans Village of San Diego** – Offers support services for veterans. Private and group therapy [\(619\) 393-2000](tel:6193932000) [vvsd.net](http://vvsd.net)
- **San Diego Network of Care** – An informative portal for individuals, families and social services agencies concerned with community mental health services. [Sandiego.networkofcare.org](http://sandiego.networkofcare.org)
- **Counseling California** [counselingcalifornia.com](http://counselingcalifornia.com)
- **Advice on seeking a therapist** [ibpf.org/article/how-find-good-therapist](http://ibpf.org/article/how-find-good-therapist)
- **Advice on seeking a psychiatrist** [huffingtonpost.com/lloyd-i-sederer-md/finding-a-psychiatrist\\_b\\_776727.html](http://huffingtonpost.com/lloyd-i-sederer-md/finding-a-psychiatrist_b_776727.html)
- **Psychology Today** – Therapist/psychiatrist database [psychiatrists.psychologytoday.com](http://psychiatrists.psychologytoday.com)
- **National Treatment** – Referral [findtreatment.SAMHSA.gov](http://findtreatment.SAMHSA.gov)

## LEGAL RESOURCES

- **Disability Rights California** – Works to bring about fairness and justice for people with disabilities.  
**(619) 239-7861** [disabilityrightsca.org](http://disabilityrightsca.org)
- **LawHelp.org** – Help for low and moderate incomes families to find free legal aid programs in their communities  
[lawhelp.org](http://lawhelp.org)
- **Legal Aid Society of San Diego** – Provides legal help with for County residents **(877-534-2524)** [lassd.org](http://lassd.org)
- **Legal Aid Health** – A consumer center for health, education and advocacy for assistance with health care access or benefits issues, and mental health and Title IX patients’ rights **(877) 734-3258** [lassd.org](http://lassd.org)
- **Consumer Center for Health Education and Advocacy**  
**(877) 734-3258**

## E-HEALTH: INTERNET SUPPORT TOOLS

The more you educate yourself about bipolar disorder, the more effective you will be in your wellness management. These websites have useful tools to help build your knowledge base.

- **Beating Bipolar** – An interactive internet-based program that aims to improve understanding of the condition. It includes video of professionals and people with lived experience of bipolar disorder and discuss various approaches that many have found to be beneficial [beatingbipolar.org](http://beatingbipolar.org)
- **Patients Like Me Program** – A free website to share health data to track progress, help others, and change medicine for good [patientslikeme.com](http://patientslikeme.com)



SOMETIMES YOU NEED EXTRA  
SUPPORT ON DEMAND

THESE ACCESS NUMBERS ARE  
AVAILABLE FOR ADDITIONAL  
SUPPORT WHEN YOU NEED IT.

- **National Suicide Line** **(800) 273-8255**
- **National Child Abuse Hotline** **(800) 422-4453**
- **National Domestic Violence Hotline**  
**(800) 799-SAFE (7233)** **(800) 787-3224**  
**TTY (800) 787-3224** (hearing impaired)
- **National Alliance on Mental Illness (NAMI)**  
**(800) 950-6264**
- **National Sexual Assault Hotline** **(800) 656-4673**
- **The Veterans Crisis Line** **(800) 273-8255** Press 1  
– **Crisis Chat Online:** [veteranscrisisline.net/ChatTermsOfService.aspx](http://veteranscrisisline.net/ChatTermsOfService.aspx)  
– **Crisis Chat Text:** Send message to **838255**  
to receive confidential support
- **GLBT National Help Center** **(888) 843-4564** [glnh.org](http://glnh.org)



A WORLD OF HOPE, RESOURCES, AND SUPPORT

8775 AERO DRIVE, SUITE 330  
SAN DIEGO, CA 92123

PHONE (858) 598-5967

FAX (858) 598-5158

WWW.IBPF.ORG

FOLLOW US:

 InternationalBipolarFoundation  IntlBipolar

 intl bipolar  ibpf.org/blog

 channel/International Bipolar Foundation