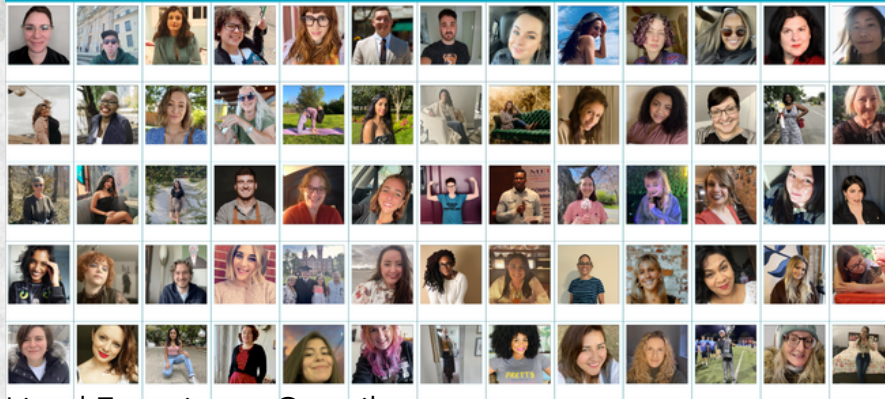


# 2023 IMPACT



Lived Experience Contributors

**YOU** are an important piece of our strength, and we **THANK YOU** for your dedicated partnership.

**TOGETHER** we are mighty, and we could not touch lives and instill hope without your support!

"The International Bipolar Foundation has been an invaluable resource in my ongoing journey of recovery. I'm thrilled to add my voice to its message of empowerment." Terri Cheney



# 2023 IMPACT



## OUR CONNECTIONS IN 2023



WWW.IBPF.ORG PROVIDED  
SUPPORT TO OVER **300,000**  
**NEW** INDIVIDUALS AND FAMILIES  
FROM OVER **170 COUNTRIES**

---

OUR **SOCIAL MEDIA** COMMUNITIES  
REACHED OVER **5 MILLION USERS**

### FOLLOWER COUNT:

**26.7K** ON INSTAGRAM

**21K** ON TWITTER

**235.2K** ON FACEBOOK



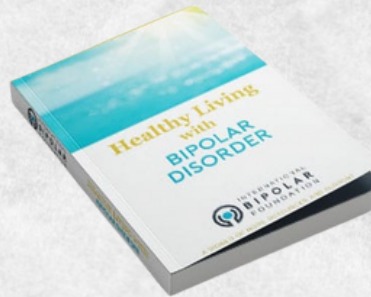


# 2023 IMPACT



## OUR CONNECTIONS IN 2023 <

OUR 3RD EDITION OF **HEALTHY LIVING WITH BIPOLAR DISORDER**, ADDED LIVED EXPERIENCE STORIES, SUPPORTING OVER **3,500** PEOPLE ON A PATH TO WELLNESS



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OVER 2,500 KIDS GRADUATED FROM OUR **MENTAL HEALTH AWARENESS PROGRAM.**



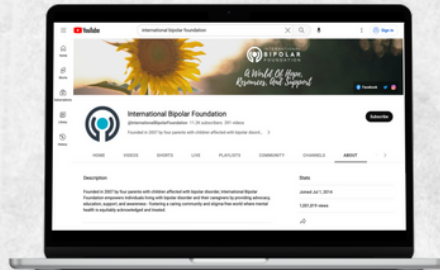


# 2023 IMPACT



## OUR CONNECTIONS IN 2023

OUR **YOUTUBE CHANNEL** RECEIVED OVER **150,000** VIEWS THROUGH EDUCATIONAL **WEBINARS** AND ACCOUNTS OF LIVED EXPERIENCE.



WE SHARED OVER **100** ACCOUNTS OF LIVED EXPERIENCES ON **OUR BLOG AND SOCIAL CHANNELS**, FROM COMMUNITY MEMBERS AROUND THE WORLD .



# 2023 IMPACT



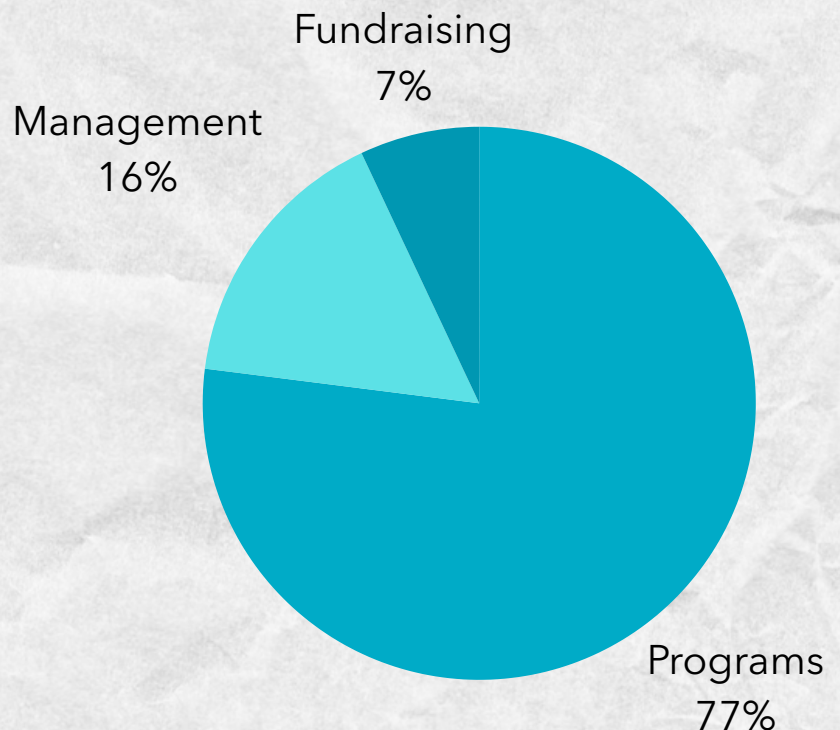
## OUR CONNECTIONS IN 2023 <



OVER **600** COMFORT PACKAGES  
SUPPORTED CHILDREN IN  
PSYCHIATRIC CRISIS.



# THANK YOU!





# 2023 IMPACT FEEDBACK



“

**BLOGGING** FOR IBPF HAS **MEANT THE WORLD** TO ME. IT HELPS ME CONFRONT THE CHALLENGES I HAVE BECAUSE OF MY ILLNESS AND IT MAKES ME FEEL LIKE I'M CONTRIBUTING TO SOMETHING **BIGGER THAN MYSELF.**

”



MATTHEW

## **HUGS FOR KIDS**

We hope that you feel supported and comforted by our HUGS items. If so, tell us why you feel this way.

yes, because I have my mom and dad  
hug my bear when they visit so then  
I can hug my bear and it's like I'm  
hugging them.

Did receiving HUGS from IBPF make you more hopeful in your recovery? If yes, tell us why?

yes, having my "hug" bear helps  
me when I miss home.



# 2023 IMPACT FEEDBACK



CYNTHIA

“

IBPF, QUITE HONESTLY, TOOK ME FROM HOPELESS DESPAIR TO BEING ABLE TO SEE THE POTENTIAL FOR A **WELL-LIVED LIFE FOR MY DAUGHTER AND BY EXTENSION ME, AND OUR FAMILY.**

”

“

WRITING FOR THE CONTEST WAS A GOOD IMPACT FOR MY MENTAL HEALTH, IT HELPED ME GET MY STORY OUT THERE AND **ACTUALLY MAKE ME FEEL MORE COMFORTABLE AND POSITIVE WITH TELLING MY EMOTIONS** AS THE YEARS GO ON. LET YOUR STORY MAKE MIRACLES AND HELP YOU REACH YOUR PINNACLE.



MICAH

”

TEEN CHANGEMAKER  
SCHOLARSHIP WINNER



# 2023 IMPACT FEEDBACK



“

OUR GIRLS WERE REALLY INTERESTED IN THIS DISCUSSION. **FOR A LOT OF OUR DAISIES IT'S THE FIRST TIME THEY LEARNED ABOUT MENTAL HEALTH** SO IT WAS GREAT FOR THEM! THANK YOU!

”



GIRL SCOUTS OF AMERICA



THIAGO

“

THE REFLECTIONS WRITTEN ON [IBPF.ORG](https://ibpf.org) BY PATIENTS AND MENTAL HEALTH PROFESSIONALS FROM DIFFERENT COUNTRIES **HAVE CONTRIBUTED NEW INSIGHT TO MY DAILY PRACTICE AS A PSYCHIATRIST IN BRASIL.**

”



# 2023 IMPACT FEEDBACK



HAVING LIVED WITH BIPOLAR II DISORDER FOR 10 YEARS, I HAVE BEEN ENCOURAGED, INSPIRED, AND HEARTENED BY IBPF'S POSTS ON SOCIAL MEDIA. READING ABOUT SYMPTOMS HELPS ME REFLECT FURTHER ON MY OWN CHALLENGES WITH THEM, WHICH I THEN FEEL COMPELLED TO SHARE MORE OPENLY ABOUT IN TURN. HAVING THESE EXPERIENCES NAMED IS ALSO SO VALIDATING FOR ME WHEN I CAN STILL FEEL ALONE WITH IT AT TIMES. **I AM HOPEFUL THAT IBPF IS RAISING MUCH NEEDED AWARENESS AROUND BIPOLAR DISORDER,** WHICH IS OFTEN MISUNDERSTOOD AND CONTINUES TO BE STIGMATIZED.



LAUREN