

Speaking from Experience Living with Bipolar Disorder USA

Transcript for Chapter 9 of 9: Staying positive

Jan –

Everybody's journey, who has this mental illness, it is different. Not only because the medications are different for everybody, and there's a lot of them these days to choose from, but everyone's journey is different and how we all manage it is different.

Todd-

If you're told you have something, do some research on it, even if it's just playing around on your smartphone or cracking your laptop or going to the library.

Avonelle –

It's important to ask questions and do a lot of reading on your own and find out what other people have gone through. But also validate you as an individual, because you are an individual, and if my story sounds like your story, it sounds like it. It's not it. So you have your own story.

Alexandra & Thomas –

There's always hope and someone whose been diagnosed, they have to understand that there is hope for them and they can continue with normalcy but it takes help and it takes patience and it just takes...you can't care for someone else unless you're caring for yourself.

Jan –

Take your medication. Keep your appointments. Be honest about what's going on.

Nadine –

Take risks with opening up because I think that when I had mediocre therapy and things didn't work for me, I was hiding a lot from myself and I was hiding a lot from the therapist. So, I say take risks in the relationship that you're in and open up and also keep looking. If that doesn't help, turn into something, that person will come, just keep looking.

Todd –

You have to be comfortable with who is helping you control your life. Physically, with your PCP or your general practitioner, and feeling comfortable with your psychiatrist and the people who prescribe your medication. And being comfortable with your social and support network is huge. All of these things, some in very infinitesimal and minute ways, come together to give us the way that we move forward in life.

Alexandra & Thomas –

People need to engage and caregivers or case managers need to keep on being persistent.

Nadine –

Help people who are newly-diagnosed maintain some type of goal in their life. If it's just to be able wake up every morning and put their foot out the front door that may be enough.

Tom –

Probably the most important thing a psychiatrist or therapist has ever said to me was that "I know you will get better." And it takes a long time if you're in a depressed state to believe that but that's the most important thing that this...these lowered moods or periods of mania will pass. And if you can convince your loved one that this is true, then that will help them.

Todd –

I tell people all the time, ya know I'm not going to lie to you, there is no wonder pill, there is no super therapist that is gonna tell you a certain phrase to repeat a couple of times and you're going to be cured, there's no church you can

walk into and they're gonna lay their hands on you and everything's good. It's a fight, it's a battle, but it's a battle that so many of us are winning every single day and it didn't used to be that way.

Jan –

There is hope to know that it can be treated and it's just a matter of hanging on and getting help, ya know, because it's a tough one to manage on...I know for myself on my own, but there is hope.