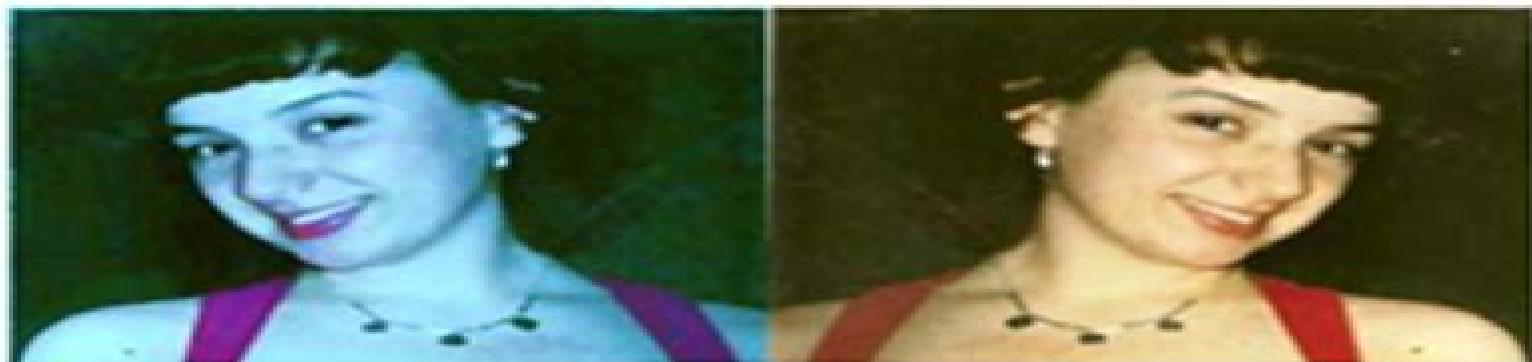


BATHED IN BLUE

**A family's journey with
bipolar depression**



By Rona Ross

chipmunkpublishing
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empowering people and families

Bathed In Blue A Familys Journey With Bipolar Depression

V. Suzanne Brown

Bathed In Blue A Family's Journey With Bipolar Depression:

Bathed in Blue Rona Ross, 2011-06-01 Bathed in Blue Richly Informative Ms Ross does not only give us a resourceful reference for bipolar disorder but also a fascinating narrative of her daughter's suicidal process. By Dr Paul Wong Clinical Psychologist bipolar affective disorder is not going away and the sufferers at risk of suicide are more than 15 times at risk to succeed at taking their own lives. Jennifer's story highlights that the early diagnosis and subsequent treatment for bipolar disorder needs to be improved. Jennifer asked me to be her voice to tell her story. The stigma of mental illness and high suicide rates renders sufferers invisible and after suicide mute. Their stories buried or cremated with them. I describe our difficulties to access help for Jennifer in acute and chronic situations in two different countries. Jennifer describes her situation in the wards in the community and her struggle to be heard by her psychiatrist and her thoughts on suicide, her treatment and her life. After her fourth episode Jennifer sat down with me and asked why it was so hard to get the help she needed. We decided together to write about it. Hence her personal writings. I hope by writing this book that the illness can be better understood by professionals and the community. I want the treatment to improve so much that the lives of chronic sufferers become more worth living and that suicide is taken seriously in sufferers with bipolar disorder and is no longer a high risk.

About the Author: When Rona was twelve her father was committed to a locked ward in the local psychiatric hospital. A short time later one of her aunts was also detained in the same hospital. Happily both relatives recovered. At seventeen Rona trained and worked as a Registered General Nurse in Scotland. Her training included experience in this same psychiatric hospital where she worked on the same high security locked ward where her father was committed. She also worked in Dr Naylor's famous metabolic unit for sufferers of manic depression. Two decades later she visited her seventeen year old daughter Jennifer who was committed in a locked ward under section 28 of The Mental Health Act of 1984 over a six year period. Therefore mental illness is not a stranger to her. Her two children were brought up in Hong Kong and both went to university in Britain. She did her degree in Humanities in Hong Kong and at the same time she trained as a counsellor with two Non Government Organizations. She has worked as a counsellor since 1988. As a young student she won prizes for writing at school. She also encouraged Jennifer to write about her experiences as a manic depression sufferer and this book is the result of that. Rona became Jennifer's voice for this book which is written for all those who want to further understand bipolar disorder. She wants people to know the realities about mental illness and to promote understanding and help break down the stigma which surrounds mental illness.

The Maine Organic Farmer & Gardener, 1996 **Time**, 1999 **School Library Journal**, 2000 **Mommy, I'm Still in Here** Kate McLaughlin, 2008-03-15 Vivid account of a family living with serious mental illness and the personal and spiritual growth spawned by those events **Finding Balance** Jeff Krukar, Katie Gutierrez, 2015-09-20 Everyone has good days and bad days but for seventeen year old Alex Magana the shifts between despair and elation are dramatic and they impact every area of his life. For years Alex has been misdiagnosed with depression.

In fact he has bipolar disorder and the correct diagnosis is only the beginning of his journey Along with his parents Alex must navigate the complex physical and emotional effects of using psychotropic medication eventually discovering that medication is only one component of a lifelong comprehensive treatment plan Based on dozens of intensive interviews with parents and clinicians Finding Balance shares the challenges and triumphs of using medication to help treat a significant psychiatric disorder as well as provides invaluable education for families on similar roads

When Lightning Strikes Twice

Melody Leclair,2018-09-14 When the doctor said those two crushing words bipolar disorder the only thing rolling around in Melody Leclair s head was confusion This could not be happening not again With no documented family history of mental illness the Leclairs now faced the unexpected diagnosis of bipolar disorder in not one but two of their three children When Lightning Strikes Twice is an unparalleled memoir with first person accounts family perspectives and collective insights from an extraordinary community of friends and clinicians Follow this family s heart wrenching yet hope filled journey of finding their new normal With three teenagers in high school the Leclairs world now included hospitalizations medication self care and prayer on top of the typical challenges of raising teenagers Read this heartfelt and authentic family experience of mental illness punctuated with honesty and humour You will undoubtedly be captivated informed and inspired

A Double-Edged Life

Jill Gebhart Campbell,2009-08-17 Jill Gebhart Campbells passion for poetry writing and drawing prompted her to write this book utilizing these creative genres in order to portray her bipolar illness in a more personal way It is also a reflection of how the devastating effects of bipolar disorder shaped her life The authors story is about a young womans odyssey of triumph and sorrow and her journey to find herself again Before her diagnosis she was a beautiful compassionate young woman who excelled in both athletics and academics After her diagnosis she gained more than 120 poundsdue to health issues sick children psychiatric hospitalizations and unsuitable medications She became depressed self consumed and bitter The debilitating depression and hauntingly real hallucinations forever impacted the way she sees life and how life sees her Her faith in God proved to be her ultimate anchor through her heart wrenching circumstances After admission to solitary confinement due to hallucinations she experienced an even more profound depression The white walls barred windows cold cement floors and white bedding only exacerbated my feelings of isolation and left me swirling downward in an even deeper depression However the Lords unconditional love has allowed her to walk on the bright side once again She overcame all the odds to become the woman she longed to be She has attained the serenity one reaches when theyve been to the very end beyond hope yet made it back

The Best of Times, the Worst of Times Penelope Rowe,Jessica Rowe,2005 An honest and inspiring personal account of living with bi polar disorder

The Best of Times, the Worst of Times

Penelope Rowe,2014-06-17 An honest and inspiring personal account of living with bi polar disorder

Blinded by Hope

Meg McGuire,2017-06-06 One day a teenage boy gets on his bike and rides forty miles up California s Pacific Coast Highway to avoid causing an earthquake he fears will endanger his mother and sister But the quake he is experiencing is not coming

from beneath the earth it's the onset of bipolar illness Blinded by Hope describes what it's like to have an unusually bright creative child and then to have that child suddenly be hit with an illness that defies description and cure Over the years McGuire attributes her son's lost jobs broken relationships legal troubles and periodic hospitalizations to the manic phase of his illness denying the severity of his growing drug use but ultimately she has to face her own addiction to rescuing him and to forge a path for herself toward acceptance resilience and love A wakeup call about the epidemic of mental illness substance abuse and mass incarceration in our society Blinded by Hope shines a light on the shadow of family dynamics that shame ignorance and stigma rarely let the public see and asks the question How does a mother cope when love is not enough

[Understanding Bipolar Disorder: The Essential Family Guide](#) Aimee Daramus,2020-09-15 A compassionate approach to understanding and supporting loved ones with bipolar disorder If your loved one was recently diagnosed with bipolar disorder you probably have a lot of questions and concerns about how to help them live the healthiest life possible Understanding Bipolar Disorder answers those questions and offers helpful guidance with essential information practical strategies and support for families of people suffering from bipolar disorder Learn about what bipolar is how it's diagnosed the science behind it and the treatments available including medication therapies and community support You'll find effective tools for dealing with a diagnosis as a family advice for exploring therapy options as a team and simple techniques for managing your family's stress levels to prevent emotional burnout Understanding Bipolar Disorder includes Relatable anecdotes Read about what it's like to have bipolar disorder and to live with someone who has it Family friendly activities Explore exercises and questions you can work through together so you can learn how to best support your loved one with bipolar Tools for thriving together Discover tools that help you flourish as a family including advice for getting ahead of moods setting boundaries maintaining healthy relationships self care and more Take the first step toward understanding and managing bipolar disorder together *Soft Bipolar Cyclothymia Family Books: All three Books including Blue Light* Charles K. Bunch, Ph.D., Blue Light Management for Soft Bipolar Cyclothymia Companion to book Soft Bipolar Suffering And Questions and Answers 1 and 2

Blue Genes Christopher Lukas,2008-09-16 Written with heartrending honesty a memoir that captures the devastation of this family legacy of depression and details the strength and hope that can provide a way of escaping its grasp A compassionate but clear eyed view of his family history Washington Post Christopher Kit Lukas's mother committed suicide when he was a boy He and his brother Tony were not told how she died No one spoke of the family's history of depression and bipolar disorder The brothers grew up to achieve remarkable success Tony as a gifted journalist and author of the classic book Common Ground Kit as an accomplished television producer and director After suffering bouts of depression Kit was able to confront his family's troubled past but Tony never seemed to find the contentment Kit had attained he killed himself in 1997 **Words With My Father** Lowell Klessig ,Lukas Klessig ,2023-03-02 THE DRAMATIC STORY OF A PIONEERING MAN HIS MERCURIAL MIND AND A SOCIETY IN LIMBO Lowell Klessig's posthumously

released story infused with reflections by his son Lukas provides an intimate window into one man's life in flux with bipolar disorder. As the author narrates a postwar upbringing and describes the manic depressive travails of developing his identity, he offers us a view into the turmoil of the times and of his mind. Through mania and danger filled months fighting for Civil Rights, protesting the Vietnam War and furthering the Conservation Movement, we see the purpose that sustained him. Through darkened panes we witness the isolation and malaise of depressive winters that nearly took his life. This masterful chronicle allows us to peer into a restless and kinetic existence in one moment and a chasm of fatigue and hopelessness on the next page. It's an account that will provide you new perspective. It's a bipolar journey that you won't ever forget.

Family Experiences of Bipolar Disorder Cara Aiken, 2010-06-15 Bipolar disorder BP can be a devastating illness seriously affecting not only the person with bipolar but also family and friends. While most people are familiar with the terms manic depressive and BP, there remains a lack of real understanding about the illness and many sufferers and their families can feel helpless alone and misunderstood. *Bipolar Girl: My Psychotic Self* Maricela Estrada, 2017-08-24 Maricela Estrada was raised in East Los Angeles by her widowed traditional Mexican mother. The author felt depressed most of her life and missed having a father. Her first suicide attempt happened at age 14 and she survived multiple suicide attempts. After high school Maricela had a psychotic episode and was admitted into a psychiatric hospital where she was diagnosed with bipolar disorder with psychotic features. She felt stigmatized and was in denial about her mental illness. Accepting it was the hardest thing she has ever done. But once she accepted it, her life changed in a beautiful way, allowing her to accomplish all her goals and embrace a beautiful life. Maricela's mental health recovery came through medication, therapy, attending support groups, prayer, emotional support from family and friends, and her emotional support dog, Gypsy Blue. *Bipolar Girl* is an inspiring story of one woman's journey through mental health recovery. This memoir demonstrates the true meaning of hope, resiliency and faith and it will touch many people's lives. *Perfect Chaos* Linea Johnson, Cinda Johnson, 2012-05-08 The Johnsons were a close and loving family living in the Seattle area: two parents, two incomes, two bright and accomplished daughters. They led busy lives filled with music lessons, college preparation, career demands and laughter around the dinner table. Then the younger daughter, Linea, started experiencing crippling bouts of suicidal depression. Multiple trips to the psych ward resulted in a diagnosis of bipolar disorder and it took many trial runs of drugs and ultimately electroshock therapy to bring Linea back. But her family never gave up on her. And Linea never stopped trying to find her way back to them. *Perfect Chaos* is the story of a mother and daughter's journey through mental illness towards hope. From initial worrying symptoms to long sleepless nights to cross country flights and the slow understanding and rebuilding of trust, *Perfect Chaos* tells Linea and Cinda's harrowing and inspiring story of an illness that they conquer together every day. It is the story of a daughter's courage, a mother's faith and the love that carried them through the darkest times. *Blue Hills Diary* V. Suzanne Brown, 2012-08

Blue Hills Diary Mystical Journey into Mania captures the author's ascension into the astonishing heights of bipolar mania as

it intensifies over a few short months Written as lyrical prose and comprised of a series of rapidly flashing vignettes this book sings with the joy of profound mystical discoveries and weeps with the pain of flashback recollections This memoir narrative blooms with sensory descriptions of colors forms textures and reflections It reminds us of our birthright to embrace Life in all of Its manifestations Blue Hills Diary is the story of one woman s spiritual Journey Homeward This book invites those with manic depression those who want to understand it and those who treat it to step inside these pages and actually engage in a mystical reunion of their own **Scattershot** David Lovelace,2008 An account of the author s predominantly bipolar family discusses his parents and brother s struggles with their symptoms his own development of bipolar disorder and his observations on the connection between his family s illness and their religious faith

Ignite the flame of optimism with this motivational masterpiece, **Bathed In Blue A Family's Journey With Bipolar Depression**. In a downloadable PDF format (Download in PDF: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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