

A REVIEW OF OTHER WEBSITES LINKED TO BI-POLAR DISORDER

The following websites have been reviewed by the Julian Campbell Foundation for their suitability to assist learners with bi-polar disorder succeed in further and higher education.



MIND

www.mind.org

This website is easy to understand with lots of detail about mental health. There are links for everyone, whether you have a bi-polar condition or you know someone that has bi-polar.

Mind have produced an informative booklet about coping with the stress of student life:

http://www.mind.org.uk/help/diagnoses_and_conditions/stress_of_student_life

Mind has also suggested a visit Rethink, who have also produced a factsheet about studying whilst living with a mental illness:

<http://www.rethink.org/document.rm?id=691>



SKILL

<http://www.skill.org.uk/>

Skill can offer generic information for disabled students/potential students.

All the laws that apply to the rights of disabled people in education, training, volunteering and finding work, also apply to people who have bi-polar disorder.



Skill have informed us that they would be more than happy to speak to anyone with bi-polar disorder and give them information they need to progress in education.

Most of the information provided is contained in their information booklets which are free to download from:

www.skill.org.uk/page.aspx?c=10&p=106

Skill have 32 information booklets on a wide range of topics relating to further and higher education for disabled people.

Skills information booklet 'Funding from charitable trusts'

www.skill.org.uk/uploads/trusts.doc

details charities that give grants to disabled people in a wide range of circumstances.

One trust in the booklet 'The Matthew Trust' provides small grants for people with mental health difficulties.

<http://www.matthewtrust.org/index1.htm>



The Bipolar Foundation

EQUILIBRIUM: <http://www.bipolar-foundation.org/>

This charity is endorsed by Stephen Fry and is American based.

There is a bi-polar questionnaire for readers to assess their own status.

There is also lots of useful information about succeeding in the working arena with the bipolar condition.

CHILD AND ADOLESCENT BI-POLAR FOUNDATION

<http://www.bpkids.org/>

This website is great for kids and teens and really interactive.



We loved the mood charts!

http://www.bpkids.org/search/apachesolr_search/mood%20charts

There were weekly radio programmes and articles for teens, as well as chat rooms for children and teens to use too.



Depressed Teens.Com is an American Website linked to radio programmes and articles for teens which is updated weekly

<http://depressedteens.podbean.com/>



BI-POLAR4ALL

<http://www.bipolar4all.co.uk/>

This site is almost a 'spin-off' from the well established MIND website. It has been created specifically to those with the bipolar condition.

THE MDF BIPOLAR ORGANISATION

www.mdf.org.uk



Some good links to other websites giving further information on bipolar disorder.