

# BIPOLAR DISORDER PATIENT RESOURCES AND ORGANIZATIONS

Living with bipolar disorder takes commitment, perseverance, and a little help. Having a good support system is a key coping strategy. While turning to family and friends is a natural first step, seeking additional help and education from an outside group can do much to strengthen your support system. Below is a list of helpful resources and organizations for you to consider.

## **Families for Depression Awareness**

A national nonprofit organization that helps families recognize and manage the various forms of depression and associated mood disorders; reduce stigma associated with depressive disorders; and unite family and help them heal in coping with depression.

[www.familyaware.org](http://www.familyaware.org)

395 Totten Pond Road,  
Suite 404  
Waltham, MA 02451  
781-890-0220

## **National Institute of Mental Health (NIMH)**

The mission of the National Institute of Mental Health (NIMH) is to reduce the burden of mental illness and behavioral disorders through research on mind, brain, and behavior.

[www.nimh.nih.gov](http://www.nimh.nih.gov)

6001 Executive Boulevard,  
Room 8184, MSC 9663  
Bethesda, MD 20892-9663  
866-615-6464

## **Depression and Bipolar Support Alliance**

A patient-directed national organization focusing on the most prevalent mental illnesses.

[www.dbsalliance.org](http://www.dbsalliance.org)

730 North Franklin Street,  
Suite 501  
Chicago, IL 60654-7225  
800-826-3632

## **The Jed Foundation**

The Jed Foundation is a nonprofit organization working to reduce the rate of suicide and the prevalence of emotional distress among college students.

[www.jedfoundation.org](http://www.jedfoundation.org)

583 Broadway,  
Suite 8B  
New York, NY 10012  
212-647-7544

## **Mental Health America**

An association that works with hundreds of affiliates to promote mental health through advocacy, education, research, and services.

[www.nmha.org](http://www.nmha.org)

2000 N. Beauregard Street  
6th Floor  
Alexandria, VA 22311  
703-684-7722

## **National Alliance on Mental Illness**

A support, educational, and advocacy organization for people with mental illness and their families, with affiliates in every state and in more than 1,100 local communities across the country.

[www.nami.org](http://www.nami.org)

Colonial Place Three  
2107 Wilson Blvd,  
Suite 300  
Arlington, VA 22201  
800-950-NAMI (6264)

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

## **Important Safety Information about SEROQUEL XR**

This is not a complete summary of safety information. Please discuss the full [Prescribing Information](#) with your health care provider.

SEROQUEL XR is a once-daily tablet approved to treat acute depressive episodes in bipolar disorder; acute manic or mixed episodes in bipolar disorder alone or when added to lithium or divalproex; and long-term maintenance of bipolar disorder when added to lithium or divalproex.

**Elderly patients with dementia-related psychosis (having lost touch with reality due to confusion and memory loss) treated with this type of medicine are at an increased risk of death, compared to placebo (sugar pill). SEROQUEL XR is not approved for treating these patients.**



## Important Safety Information about SEROQUEL XR (con't)

**Antidepressants have increased the risk of suicidal thoughts and actions in some children, teenagers, and young adults. Patients of all ages starting treatment should be watched closely for worsening of depression, suicidal thoughts or actions, unusual changes in behavior, agitation, and irritability. Families and caregivers should watch patients daily and report these symptoms immediately to the physician. SEROQUEL XR is not approved for patients under the age of 18 years.**

- High blood sugar and diabetes have been reported with SEROQUEL XR and medicines like it. If you have diabetes or risk factors such as obesity or a family history of diabetes, ask your doctor about checking your blood sugar before starting SEROQUEL XR and regularly throughout treatment. If you develop symptoms of high blood sugar or diabetes, such as excessive thirst or hunger, increased urination, or weakness, contact your doctor. Complications from diabetes can be serious and even life threatening
- Increases in cholesterol and triglycerides, and weight gain have been reported with SEROQUEL XR
- A rare, but potentially fatal, side effect reported with SEROQUEL XR and medicines like it is neuroleptic malignant syndrome (NMS). Tell your doctor if you have very high fever; rigid muscles; shaking; confusion; sweating; changes in pulse, heart rate, or blood pressure; or muscle pain and weakness because treatment should be stopped if you have NMS
- Another serious side effect reported with SEROQUEL XR and medicines like it is tardive dyskinesia (TD)—uncontrollable movements of the face, tongue, or other parts of the body. TD may become permanent, and the risk of TD is believed to increase as the length of time on and the amount of these medications increase. While TD can develop in patients taking low doses for short periods, this is much less common. There is no known treatment for TD, but it may go away partially or completely if treatment is stopped
- Before starting treatment, tell your doctor if you have high prolactin levels or have a history of, or are at risk for, seizures or a low white blood cell (WBC) count. An eye exam for cataracts is recommended at the beginning of treatment and every 6 months thereafter. During treatment, tell your doctor if you feel dizzy or lightheaded upon standing. Suicidal thoughts or actions may occur; tell your doctor if you have thoughts about death or suicide. Since drowsiness has been reported with SEROQUEL XR, you should not participate in activities such as driving or operating machinery until you know that you can do so safely. Avoid drinking alcohol while taking SEROQUEL XR because SEROQUEL XR increases the effects of alcohol. Avoid becoming overheated or dehydrated while taking SEROQUEL XR
- Common side effects: The most common side effects are drowsiness, dry mouth, increases in cholesterol and triglycerides, constipation, upset stomach, dizziness, a sudden drop in blood pressure upon standing, weight gain, increased hunger, tiredness, increases in blood sugar, difficulty speaking, and stuffy nose

**Please see Prescribing Information, including Boxed Warnings.**



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**Please print the full [Prescribing Information](#), including Boxed Warnings, and provide it to and discuss it with your patient.**