LIKE a CHAIR, YOUR STABILITY NEEDS FOUR “LEGS” for BALANCE

SUPPORT: from family, counselor, friends, campus and community support groups, share your story, help others.

MEDICATION: work with your doctor to find the right medication(s), the right dose(s); take medication consistently.

SELF CARE: getting enough sleep, keeping a regular schedule, eating well, limiting caffeine, avoiding alcohol and drugs, scheduling FUN time and exercise.

EDUCATION: knowledge is power, learn all you can about having bipolar disorder; educate those who are important to you; be open to feedback.
What OSU STUDENTS with BIPOLAR DISORDER say:

- “Don’t freak out about the diagnosis. You’ve probably had it a long time and you are the same person you always were. Now you have tools to help you cope.”
- “Just stick to a routine for sleep and exercise. I always feel better when I exercise.”
- “It’s really important to stay away from alcohol. Even though it seems it might cure for a bit, it hurts in the long run.”
- “Build a strong support team with your family, friends, doctor, and counselor”

Success= Ongoing Treatment + Personal Commitment!

RESOURCES:

- **Student Groups**: National Alliance on Mental Illness, NAMI @OSU, namiosu@gmail.com, [www.namiosu.org.ohio-state.edu](http://www.namiosu.org.ohio-state.edu) ; and Active Minds/OSU, contact Natalie Dorman, Advisor, ndorman79@gmail.com
- **Websites**, National institute of Mental Health: [http://www.nimh.nih.gov](http://www.nimh.nih.gov); National Depressive and Manic Depressive Association: [www.ndmda.org](http://www.ndmda.org); National Mental Health Association: [www.nmha.org](http://www.nmha.org); Depression Bipolar Support Alliance: [www.dbsa.org](http://www.dbsa.org)
- **Campus Area Support Group**: Depression Bipolar Support Alliance, [www.DBSAlliance.org/NorthwestColumbus](http://www.DBSAlliance.org/NorthwestColumbus)