

Bipolar I Disorder

Caring for someone with a chronic illness is challenging. When that illness is bipolar I disorder (BP-1), the journey can feel complex and overwhelming. As a caregiver, your support is essential, but it's also vital to find resources for your own well-being. This guide provides helpful organizations and tools for families and people navigating these conditions.

Helpful Resources for Caregivers of Patients With BP-1



Caregiver-Specific Tools & Well-Being

Taking care of yourself is important, too. These organizations offer practical help for the daily tasks of caregiving and managing your own stress and burnout.

Mental Health America
(MHA)

Practical tools for caregiver well-being (stress, burnout, coping) and navigation to mental health support.

Contact: (703) 684-7722



Caregiver Action Network
(CAN)

National nonprofit with a free Caregiver Help Desk, articles, and trainings to support day-to-day caregiving.

Contact: (855) 227-3640



Peer & Family Support Groups

Connecting with other families who understand your experience can be invaluable for learning skills, sharing frustrations, and feeling less alone.

Depression & Bipolar Support
Alliance (DBSA)

Free, weekly national online support groups and a curated hub for parents/caregivers supporting someone with a mood disorder.

Contact: (800) 826-3632



National Alliance on Mental
Illness (NAMI)

Nationwide family support groups and education (eg, family-to-family, basics on demand for youth) to help families learn skills and connect with peers.

Contact: (800) 950-6264 (NAMI HelpLine)
Crisis Text: Text "NAMI" to 62640





Educational & Informational Guides

These resources provide trusted, evidence-based information to help you understand the patient's condition, symptoms, treatment approaches, and what to expect.

National Institute of Mental Health (NIMH)

Evidence-based overviews of bipolar disorder (symptoms, treatment approaches, clinical trials) plus links to federal resources.

Contact: (866) 615-6464



US Department of Veterans Affairs (VA) Guide

A clear, evidence-based document for families on understanding bipolar disorder, treatment approaches, and how to support recovery.

Contact: (800) 698-2411 (MyVA411 Main Information Line)



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In Crisis?

Call or text the 988 Suicide & Crisis Lifeline at any time to connect with crisis counselors.

References

1. Mental Health America. mhanational.org/caregiving
2. Caregiver Action Network. caregiveraction.org
3. Depression & Bipolar Support Alliance. dbsalliance.org/support/for-friends-family/for-parents/
4. National Alliance on Mental Illness. nami.org/Your-Journey/Family-Members-and-Caregivers
5. National Institute of Mental Health. nimh.nih.gov/health/topics/bipolar-disorder
6. US Department of Veterans Affairs. <https://www.mentalhealth.va.gov/bipolar/index.asp>