



**international bipolar foundation**

*A world of hope, resources and support*

# **Grassroots Advocacy; Hope, Resources, Support**

**Muffy Walker MBA, MSN**

# In the World

- 450 million people globally suffer from mental disorders in both developed and developing countries
- According to the World Health Organization almost 3,000 people take their lives every day in the world. Suicide worldwide causes more deaths every year than homicide or war.
- Four of the 10 leading causes of disability worldwide are mental disorders, with depression being the leading cause and bipolar the 6<sup>th</sup>.
- In Germany, ~ 990,000 have bipolar disorder

# What does bipolar look like?



My hero, my son







## international bipolar foundation

*A world of hope, resources and support*

- ◆ By 4 mothers who have children with bipolar disorder
- ◆ Non-profit advocacy organization offering all services & programs **for free**
- ◆ Currently serving >184 countries with over 200,000 followers
- ◆ All our services are free & globally accessible

# Founders



# MISSION & VISION

- The mission is to improve understanding and treatment of bipolar disorder through research; to promote care and support resources for individuals and caregivers; and to erase stigma through education.
- The vision is to be the world's most valued authority on Bipolar Disorder and envisions a world in which Bipolar Disorder is prevented and cured.

# Research



- We have funded over \$250,000 in research grants
- We match donors with “Rising Star Scientists” in our Research Partner Program



**SUPPORT**



# Support Services

- Outreach & Referral
- My Support e-newsletter
- Over 35 Bloggers
- Dedication Wall
- Young Ambassador Program

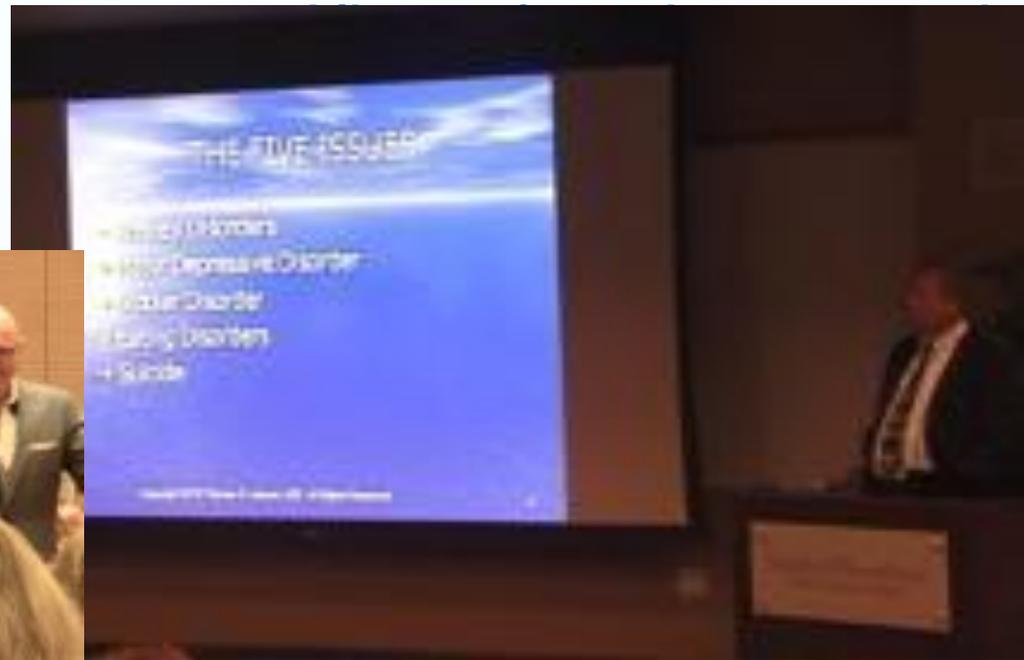


# AWARDS



# Education

- **FREE LECTURES**



# WEBINARS

## Martin Kolbe And The Bipolar Roadshow



 **Martin Kolbe and the Bipolar Roadshow 2-25-15, 9.03 AM**  
Martin Kolbe  
Zurich, Switzerland  
from [International Bipolar Foundation](#) **PLUS**



45:23 **HD** 

**Working Dogs**  
Jargon and terminology is misused and misunderstood.

- We'll talk about animals and ways in which they can help in Mental Health Recovery.
- For this presentation we're leaving out a lot of working animals like SAR, K-9 units, Bomb & Cancer Sniffing dogs.




# Education

- **Girl Scout Mental Health Awareness Patch**



# College Symposia

- **Studies show that 75% of lifetime cases of mental illness begin by the age of 24**
- **One in every four college students suffers from a diagnosable mental illness**
- **Suicide is the 3<sup>rd</sup> leading cause of death on college campuses**
- **64% of young adults who have left college before completion did so because of a mental health related reason**



# Healthy Living *with* BIPOLAR DISORDER



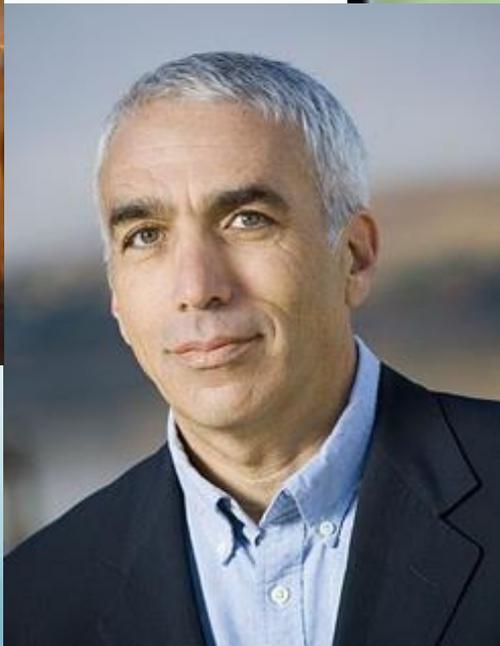
**Internationalbipolarfoundation**  
*A world of hope, resources and support*

- **Healthy Living with Bipolar Disorder book**
- Translated into various languages including German
- “Country-specific” chapters
- Hard copy, Kindle & PDF
- Over 7000 copies distributed

# Gesund Leben mit bipolarer Störung

- Gesund Leben mit bipolarer Störung
- Über bipolare Störungen
- Was ist ‚bipolare Störung‘ ...19
- Kinder und Jugendliche mit bipolarer Störung...21
- Medizinische Behandlung von bipolarer Störung...33
- Selbstmord und bipolare Störung.....57
- Die Risiken des Drogenmissbrauchs für Menschen mit bipolaren Störungen..61
- Schwangerschaft und bipolare Störungen...
- Schwangerschaft und bipolare Störungen.....75
- Stigmatisierung und psychische Erkrankungen.....81
- Gesundes Leben
- Gesundes Familienleben und Bekanntschaften .....92
- Unterstützende Ernährung.....101
- Psychische Erkrankungen in gläubigen Familien .....114

# AUTHOR EVENTS





# FORWARD 2013

## Say It Forward Campaign

- When it comes to mental health conditions, silence is not golden. Silence breeds stigma, and stigma hurts. It prevents people from seeking life-saving treatment and support. The International Bipolar Foundation (IBPF) and Depression and Bipolar Support Alliance (DBSA) hope you'll join forces with us to educate and inspire people to learn the facts about mood disorders and break the chains of stigma.



Say It Forward Campaign is a program brought to you by:

# SPECIAL GUESTS



# Education



## Corporate Anti-Stigma Position Statement

- We understand the negative impact that stigma and discrimination has towards people living with mental illnesses, those who care for them and as a society at large
- we recognize that stigma and discrimination affects the basic human rights of those living with mental health challenges, including their right to be treated with dignity and respect,
- serves as an impediment to live full, meaningful and productive lives in the community,
- hinders recognition, open acknowledgement, and effective management and recovery of their lives,
- affects the allocation of resources for effective diagnostic, treatment and community support services,
- And we support and participate in this campaign so that ultimately, discrimination is eliminated and stigma is not tolerated.

# Middle & High School Essay Contest



# WORLD BIPOLAR DAY

MARCH 30



- **World Bipolar Day (WBD)** is celebrated each year on March 30<sup>th</sup>, the birthday of Vincent Van Gogh, who was posthumously diagnosed as probably having bipolar disorder. The vision of WBD is to bring world awareness to bipolar disorders and eliminate social stigma. Through international collaboration the goal of World Bipolar Day is to bring the world population information about bipolar disorders that will educate and improve sensitivity towards the illness.

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”



**international bipolar foundation**

*A world of hope, resources and support*

Danke!

8895 Towne Centre Drive

Suite 105-360

San Diego, CA USA 92122

858.764.2496

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

[Mwalker.ibpf@gmail.com](mailto:Mwalker.ibpf@gmail.com)