



Surviving the Crisis of Depression and Bipolar (Manic-Depression) Illness: Layperson's Guide to Coping with Mental Illness Beyond the Time of Crisis a

Mark Halebsky

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The book is useful for family members, friends, and significant others, and persons concerned with the mentally ill. It provides practical approaches and specific techniques, which can be used in the everyday management of depression and bipolar (manic-depressive) illness. The key topics addressed include common medications used in treating depression and bipolar illness, crisis management, illness symptoms, journal strategies, relaxation techniques, helpful approaches to daily life structure, list of support agencies, and useful information for those concerned about the mentally illness. A sense of hope in the care and treatment of the mentally ill is provided throughout the book.

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