

Resources	Cost (subject to change)	Delivery/Link
The Bipolar Disorder Workbook: Powerful Tools and Practical Resources for Bipolar II and Cyclothymia Workbook	Used: \$10.00 New: \$22.71	Workbook
The Bipolar Workbook, Second Edition: Tools for Controlling Your Mood Swings Second Edition	Used: \$12.75 New: \$17.54	Workbook
Life Skills Series; daily life	\$2.75	Journal
The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises	\$4.99	Workbook
Psychosocial treatment and interventions for bipolar disorder: a systematic review	Free	Article
Center for Clinical Interventions - Bipolar: Website with downloadable workbook, information sheets, and worksheets addressing Bipolar Disorder	Free	Downloadable resources
Exercise-Based Interventions for Mental Illness (includes Bipolar Disorder, Schizophrenia, Anxiety, Depression)	\$84.96	Book
The Wellness Workbook for Bipolar Disorder	\$20.67	Workbook
National Institute on Drug Abuse (NIDA): Website with resources and publications for clinicians, educators, patients, and families	Free	Informational resources
Hazelden Betty Ford Foundation: Webinars and Publications Website with upcoming and archived webinars	Free or Low Cost	Webinars Publications
Substance Abuse and Mental Health Services Administration (SAMHSA) Website with resources and publications for clinicians, educators, patients, and families	Free or Low Cost	Publications
Janssen Pharmaceuticals: Support and Information for Schizophrenia, Schizoaffective, and Bipolar Disorder	Free Downloads	Informational resources
Depression and Bipolar Support Alliance	Online and free downloads	Informational resources