

"This special suicide prevention issue is in loving memory of David, my childhood friend. It is a sobering reality that bipolar disorder can be fatal. Join with me in talking to your child about suicidal thoughts. Please print off and distribute the Yellow Ribbon Cards. One child who wasn't able to speak out is one too many." Tracy Anglada

In This Issue

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Little Guys Can Struggle Too



Say hello to Nathan! He's a special guy we'd like to tell you about today. His favorite toys are action figures. He has been in preschool for a year now and is adjusting well. It wasn't always that way for Nate. He had a rough time very early in his life but after being diagnosed with bipolar disorder and treated with medication Nate can now play with other children. He can listen to stories at school, play games and most importantly he is happy. Nate, your family is very proud of you and so are we! If you are worried about a very young child who may have bipolar disorder, read the interview with Nathan's Mom in the link below.

[Helping the Youngest Victims of Bipolar Disorder](#)

Teen Talk: Thoughts of Suicide



Have you ever wanted to die? You are not alone if you have these thoughts. Did you know that thoughts of suicide are a symptom of

Featured Tip!



"I used to think about hurting myself. Since then I've learned more about my disorder. I know now that if I ever feel that way I should always tell someone. I know that those thoughts aren't permanently a part of me. I know that I'll feel better again" Janey, age 14

Do you have a tip to share?

[Write to us!](#)

Prevent Suicide; Help Save a Life

[Suicide Shouldn't Be A Secret](#)

[DBSA Suicide Prevention Card](#)

[Understanding Suicidal Thinking](#)

[Bipolar Bear Promise \(for young children\)](#)

New Book

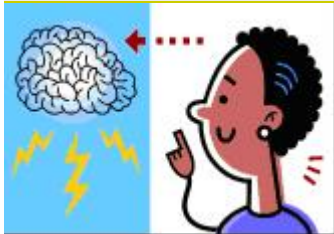
bipolar disorder? They are not shameful thoughts and should not be kept a secret! Just like any other symptom of bipolar disorder they are TREATABLE. Help is available and you won't always feel this way! If you need help now and don't know what else to do call: 1-800-SUICIDE (1-800-784-2433)

If you feel well now, plan for the time when this symptom of bipolar disorder could affect you. Having a plan in place now will make it easier when you have thoughts of death. You won't have to decide what to do. You will have a plan to follow. Talk to trusted people in your life about your plan and get them involved. Take the time to fill out page 16 and 17 of this brochure: [Plan for Life](#).

Even when you have a plan, asking for help when you need it can be really tough. There are some tools to make asking for help easier. Print off the yellow ribbon card from the link below. Carry it with you always and use it if you have thoughts of suicide. When you need help but don't know what to say the card can speak for you. Lastly, spread the word. You are not the only one who should carry this card. You can pass them out to your friends. The yellow ribbon card has saved over 2,500 lives. It may save your life or the life of your friend!

[Print Your Own Yellow Ribbon Card](#)

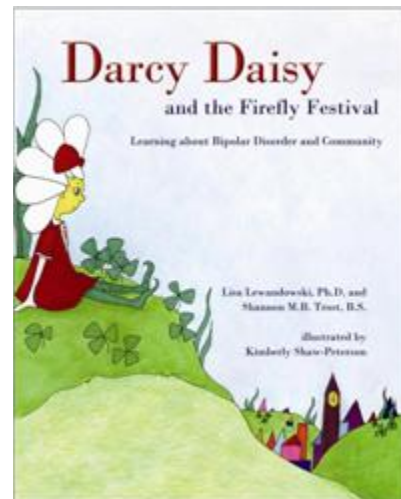
Learn About Your Brain



So you thought you were the boss of your own body right? Not so fast. Do you remember the last time you told your heart to beat or your eyes to blink? You don't have to because your brain does it for you. Your brain is the most amazing part of your body. It controls your growth, your temperature, your movements and thinking. With all that your brain does, you shouldn't be surprised that it controls your emotions too! Just like any other part of the body, sometimes things don't go just right in the brain. Scientists are working hard to learn more about how the brain works and controls emotions.

Would you like to be a scientist and discover more about the brain. Here's your first fact: Your brain is electric. It generates 10 to 12 watts of electricity - enough to power a flashlight. What else will you learn about your brain? Check out the link below and the fun brain activities on the side bar.

[Learn More About Your Brain](#)



[Darcy Daisy and the Firefly Festival - Learning About Bipolar Disorder and Community](#)

Have Fun With These Brainy Links

[Neuroscience for Kids Coloring Book](#)

[Brain Jigsaw Puzzle](#)

[Online Brain Coloring Activity](#)

[Fun Brain Activities](#)

[Tour a 3-D Brain](#)