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A Special Girl



We would like to tell you about a Special Girl!! Savannah is 13 years old and loves horses, writing stories and reading. She also likes watching movies and listening to music. Savannah was diagnosed with bipolar disorder and obsessive compulsive disorder when she was 8 years old. Savannah loves her art class and can visit her art teacher anytime she is overwhelmed or stressed. This helps her avoid having panic attacks in class. Savannah doesn't like math at all and is getting some extra help for this subject. Despite her struggle with math Savannah made A honor roll this year and is looking forward to being an 8th grader next year. Way to go Savannah! We think you are one **Special Girl!**

[Do you want to be featured in a newsletter...then write and tell us!](#)

NEW!! Fun Pages



One of our young readers told us that she loves our site but it would be even better with games. What a great idea! We are pleased to tell you that we now have a collection of games. These include 2 interactive computer puzzles, a fun quiz to test your knowledge, a printable "mood" word search, a printable "mood" crossword puzzle, and mind bending interactive computer games. So no matter your age, come and play!!

[Come to our Fun Pages!!](#)

**Featured Tip**



"We have a special dim light so the room isn't too bright. This helps me stay calm while I finish getting ready for school. By the time we are in the car driving to school I am very excited about my day." Cody age 8

Do you have a tip to share with other kids with bipolar disorder? Please let us know.

[Write to Us!!](#)

Articles You Love Now  
Printer Friendly



## **Bipolar Bear Promise**



When kids with bipolar disorder get depressed they may feel like hurting themselves or letting themselves get hurt. This can be very scary! It means that you need help fast. When this happens you should tell someone you trust like your parents or your doctor. Many of you have read *Brandon and the Bipolar Bear*. At the end of the story, Brandon makes a very important promise to tell someone he trusts if he every feels like hurting himself or letting himself get hurt.

Now you can make this promise too! Your trusted person also makes a promise to you that they will listen to you and get you the help you need if you ever feel that way. So take the Bipolar Bear Promise today by printing off a copy and signing it with your special someone!

**[Bipolar Bear Promise](#)**

[Brain Abnormalities Associated With BP](#)

[My School Day](#)

[My School Day with Help](#)