



"I am a weak member of the mentally ill, being moved along in life like a herd of infected cattle."



"I am now a disorder. I am not Erin Callinan, for she no longer exists. I am **That Girl Who's Bipolar.**"



“Now I have to live with this title forever. Like it’s some kind of dog tag hanging around my neck.”



“Crazy girls like me are looked upon as a lost cause and only useful for dinnertime gossip.”

Erin Callinan

- Pine trees and swing sets
- “Going through a phase”
- High school leadership
- Trip to Lake Powell
- Life will never be the same



"Can Someone Just Go Crazy?"

QUESTIONS

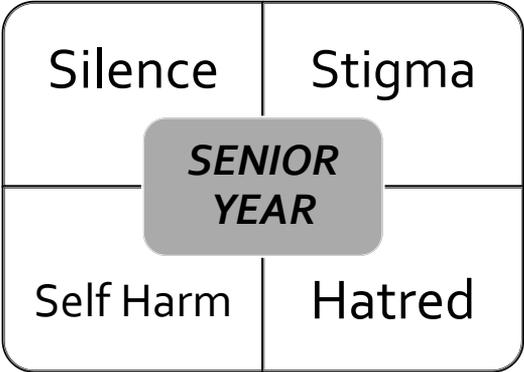
Psychosis, Mania, Disabled

**PSYCHIATRIC
HOSPITAL**

17 years old

Senior Year of High School

**4
DAYS LATER**





What did my support look like?

- Silence
- Therapy
- Proactive family
- Uninformed school staff
- Fear based stigma
- Zero accommodations or social services
- Academic probation
- Stop taking all medication

LOSS...of Self and Others



LOSS...of Self and Others

**Deborah
Evan
Jennifer
Nate
Sherri**

**Aaron
Matt
James
John**

Bipolar Episode #2

- Significant changes
- Connection to life
- Delusions, Psychosis
- Medically withdrawn
- Return to Flagstaff
- Anger and defiance
- Bipolar 1 diagnosis



Grandiose, Depression, Shame

**PSYCHIATRIC
HOSPITAL #2**

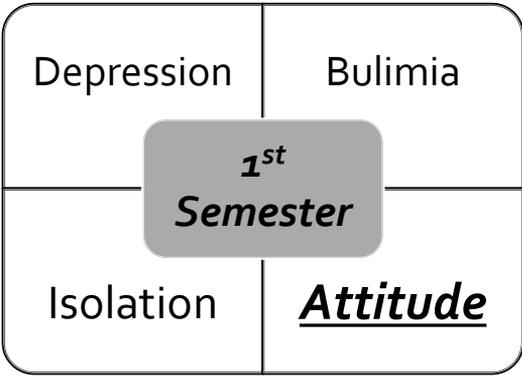
18 years old

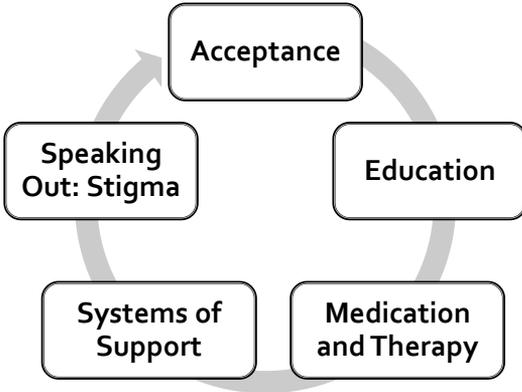
Finding the Right Dosage...

Haldol	Depakote	Wellbutrin
Zyprexa	Ambien	Cymbalta
Xanax	Celexa	Lamictal

Facing and Internalizing Stigma

**INVISIBLE
DISABILITY**





Making Plans to Return to College

- Emotional and medical safety plan
- Identify people in my support system
- Mood Tracker and Food Diary
- Feed my brain
- Set pace for visits with doctor
- Identify stressors and specific accommodations
- Enroll in Disability Resource Center

“Be soft. Do not let the world make you hard. Do not let pain make you hate. Do not let the bitterness steal your sweetness.”

Kurt Vonnegut

My Disability is Not Going Away

STUMBLE AND STAND BACK UP

Shattering Stigma



My Rules to LIVING Life With Bipolar Disorder

Bipolar is just a
WORD.

My Rules to LIVING Life With Bipolar Disorder

Feeling ashamed is a
wasted emotion.

My Rules to LIVING Life With Bipolar Disorder

My time
is valuable.

My Rules to LIVING Life With Bipolar

Therapy and I will never breakup.

My Rules to LIVING Life With Bipolar Disorder

I do not stop taking medication when it's doing it's job.

My Rules to LIVING Life With Bipolar

My support systems cannot have limitations or ultimatums.

My Rules to LIVING Life With Bipolar

Self care is lifestyle,
not an option.

My Rules to LIVING Life With Bipolar Disorder

I am deserving and
capable of success.

My Rules to LIVING Life With Bipolar

Nobody is living this
life but me.
Make it count.



Beautifully Bipolar



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