

2024 WORLD BIPOLAR DAY



Celebrating Vincent Van Gogh's Birthday **MARCH 30**

HOW TO CELEBRATE WORLD BIPOLAR DAY FROM HOME.

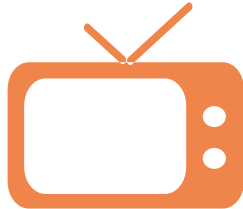
WATCH

Loving Vincent (2017)

Mr. Jones (1993)

Silver Linings Playbook (2012)

Infinitely Polar Bear (2014)



READ

Finding Sanity: John Cade, lithium and the taming of bipolar disorder
(Greg de Moore & Ann Westmore)

Madness: A Bipolar Life
(Marya Hornbacher)

Wishful Drinking
(Carrie Fisher)



Coming Home with Bipolar. Information for families and friends

www.bipolaraustralia.org.au/resources

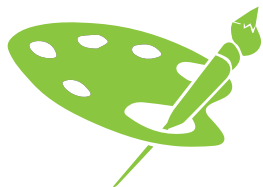
DO

Join the #BipolarBubblesChallenge on social media

Phone a friend

Look through Vincent van Gogh's artworks

Create your own artworks



LISTEN

Dancing With Bipolar

Psych Central Podcast: Psychology Made Simple

Not Crazy



www.bipolaraustralia.org.au