

**Daily Times – Pakistan
Sunday Oct 19th 2008**

Karachi Hospital: Addressing a seminar on mental illnesses at the Expo Centre, Psychiatrist Dr Mubin Akhtar revealed that one in four individuals suffer from the same sort of disorder.

He said that amongst those patients that visit the hospital for psychiatric treatment:

26.9% suffer from depression
13% are bipolar
5% have some phobia
4.3% are obsessive compulsive
15% are schizophrenic
5.9% are epileptic
13.1% suffer from psychological sexual disorders.

This is quite a daunting statistic that reflects on today's society.

In most areas of the world it is generally one in four people suffer from some kind of mental disorder.

A good read!

Novelist and critic Stephanie Merritt has suffered from depression. From her first episodes she suffered turbulent mood swings during her twenties until she suffered severe post natal depression.

'The Devil within' tells of how she struggled with this condition and takes us on her journey to recovery.

Beautifully written with crystal clear self-analysis, she explores the areas of experience commonly associated with depression such as love, solitude, self medication, and methods of treatment through the prism of her own unique perspective.

On an issue that is still little discussed and written about, Merritt offers a frank, open account and very personal source of hope to those struggling with depressive illness as well as their families.

Elegant, witty and written with characteristic honesty, The Devil Within is a stunning, life affirming memoir. Come in to the office for a copy!

IN THE MOOD

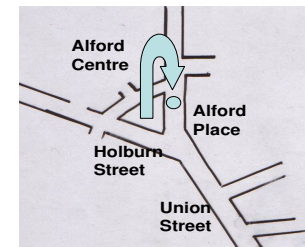
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Office News

I hope you are managing to keep yourselves warm in this terrible weather!! Winter seems to have arrived with a bang.

I hope you all like the new logo!!! The idea was first thought of by one of our clients - the curved line depicting the highs and lows of bipolar affective disorder.

Special thanks to Richard Foster from Grec Graphics for all his help with the design.

The new logo will be on all our stationary and we will have a corporate identity. Look out for the posters we are going to place in strategic places and please let us know of anywhere you think we may have missed out.

We have had volunteers helping us with installing a data base. We will now be able to get our statistics which we need for funders almost at a click of a button and in a more visual format.

I would like to say special thanks for the continuing time and support of Focus Group (investments) Ltd and to David Riddell who have been helping us both in a practical way and

with their expertise to update our systems.

Morag

Future Events

The next support meeting is on **Thursday 27th November** at 7.30. The speaker will be **Michelle Fong from Working Links**.

Working Links is a relatively new organisation which works with people on a one to one basis to help them back into a work environment.

Suggestions

Can I remind you that Bipolar Aberdeen is here to meet your needs and any suggestions you would like to make about our service provision would be very welcome.

You could make suggestions in person or anonymously dependant on what suits you. There is a post box outside the Bipolar Office door which has our logo on it – please use that if that is convenient to you.

This is your project!!

Cutting fuel bills

In these days of spiralling costs many people are living in Fuel poverty. That is spending over 10% of their income on heating their homes. If you are one of these people why not call Jill Carnegie from SCARF on 01224 213005 who can discuss offers that might be available to you.

Bipolar Aware.co.uk

This is a very interesting and updated website with information on the following:

The facts about Bipolar

Recognition

What is it?

Treatment

Medications

Education

Psychotherapy

e.g. Recognition stage – there are four different kinds of mood episodes that occur in bipolar.

Mania

Hypomania

Depression

Mixed episode

For more details check out website bipolaraware.co.uk.

If you haven't got a computer please come in to the office and use one.

Tragic Hollywood Legend

The late Hollywood star Heath Ledger may have suffered from bipolar disorder, a new book about his life has claimed.

There is a history of the illness with wild mood swings in the Ledger family with the book 'Heath – A Family's Tale' reveals that one of his Uncles, Haydn Ledger has been diagnosed as bipolar.

<http://movies.ndtv.com>

KEEP WELL

A useful idea and advice to keep you on top form this winter.

Pots of Health

Recent research by the Agricultural University of Norway found that the more potted plants you can see from your desk, the fewer sick days you re likely to take.

Studies by NASA also show plants improve air quality, so stock up work or at home!

Healthy Living Winter 08 by Tesco.