

BRAINSTORMING

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Brainstorming is an on-line publication of the National Alliance on Mental Illness (NAMI) - Wichita Affiliate. It is made up of articles encompassing the topic of mental illness. Information provided in this e-magazine is for informational purposes only, has not been researched or independently verified and is not intended as medical advice. Views published in Brainstorming are those of the individual authors and contributors and do not reflect and are not endorsed as local, state or national NAMI positions. To read the full articles, click on the "Read more" link following the introduction to each article. To submit articles and other material to be considered for inclusion in this e-magazine, contact Lynn Kohr at l.kohr@namiwichita.org.

Controlling Bipolar Mania's Spending Sprees

Overspending is a common occurrence during manic episodes. Here are some tips for how to protect your money.

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Magnetic Seizure Therapy as Effective as Electroconvulsive Therapy for Treating Depression

Major depression is one of the most common mental disorders in the United States, with an estimated 21 million U.S. adults experiencing a depressive episode in 2021. Medication and therapy are often used to treat depression, but they do not work for everyone.

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2023's Must-Read Books on Bipolar Disorder

These 10 books on living with bipolar can help you and your loved ones navigate the challenges and changes that arise in bipolar diagnosis and treatment.

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Warning Signs of Suicide: A Fact Sheet for Family and Community Members

People who are considering suicide may show signs that they are thinking about or planning to attempt suicide. These are known as warning signs of suicide. It can be scary when someone you care about may be considering suicide, but there are things you can do to help. This fact sheet can help you recognize common warning signs that may indicate a person is at risk of suicide. It also provides tips on how to respond if you observe these warning signs in someone and when to seek immediate professional help.

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The Ups and Downs of Bipolar Disorder

Somewhere between Boston and New Hampshire's White Mountains, Josh Santana lost touch with reality.

The shift marked a stark divergence for the young college student, as the preceding weeks had ranked among the best he could remember. He no longer needed an alarm clock to wake up. He ran his fastest mile. He walked for hours at night, contemplating how to better the world. But the best part, he said, was as if overnight, years of mental illness vanished. His pain, the depression, the restlessness—all of it—ceased.

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The 7 Best Online Psychiatry Services for 2023

Though it's primarily used for medication management, telepsychiatry — aka online psychiatric care and a subset of telemedicine — also provides you with an opportunity to connect with a psychiatrist online for evaluation, diagnosis, and treatment of mental health conditions.

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