

An expression of regret about widespread ignorance of mild bipolar disorder

This is also a story about my experiences and hope for wider community empathy and understanding

I have made it clear in my mental health blog I have a deep interest in mild bipolar disorder [hypomania]. I have spent considerable time over the last three years attempting to prompt health professionals to take a closer look at the distinction between bipolar mania and lower lever hypomania. I have learned there is a distinct difference between the two and furthermore I am an example of someone who has been experiencing this difference first hand.

My efforts to effectively communicate with both health professionals and politicians has been to no avail. In my opinion such indifference is a woeful indictment of the lack of both community and professional awareness and understanding of this malady. This includes the BeyondBlue support group as well. When I use the word malady I am saying a debility that fluctuates between both practicality of thought and deeply creative artistic thought, perhaps best describes as highly abstract thought and an associated ability to talk and write about it. I have found at times this relationship can be quite difficult to effectively manage. My intention with my website is not to add more material to the debate than I already have. I have selected five documents I feel demonstrate why I have become so distressed about his matter. I am also both frustrated and angry on behalf of all others with bipolar who have been similarly marginalised as I feel I have been. This principally means a failure on behalf of others to care to effectively communicate about the issue. I think the rather copious degree of material I have placed in my websites speaks for itself. It is far reaching. I also point out life time bipolar disorder often commences at childhood. Severe childhood abuse has been identified as a key reason for this. I was intimately abused at a Catholic boarding college. I have also been an unsuccessful partner to the Catholic Towards Healing program. This experience is also shared within my website.