About Club HEAL
Club HEAL is a charity that aims to assist and empower Peers (persons with mental health issues) to regain confidence in themselves and others in their journey towards community reintegration. It also aims to eradicate the stigma surrounding Peers thereby breaking unnecessary barriers to their recovery process. Services provided by Club HEAL include day rehabilitative services, home visits, public education, support groups and volunteer training.

Contact Club HEAL: 6899 3463 (9am – 5pm weekdays)
Bk 244, Bukit Batok East Ave 5, #01-02 Singapore 650244
info@clubheal.org.sg  |  www.clubheal.org.sg  |  FB: Club H.E.A.L
Registration No: T12SS0028K

PRESIDENT’S ADDRESS

My friend who has bipolar disorder always tells me that she cannot be too happy. At first glance, this seems such a tragic statement, doesn’t it? On reflection, however, restraining oneself from becoming too happy or too sad is recommended, whether one has bipolar disorder or not.

Chemical imbalance in a person with bipolar disorder exaggerates the mood swings that many of us experience in response to losses or gains. While we all need to keep our emotions in check, a person with bipolar disorder has to put in extra effort to do the same.

On the upside, many persons with bipolar disorder have that extra ‘oomph’ that makes them that much more creative and intelligent than most people.

Research has demonstrated that they are more likely to show a range of creative abilities, especially in areas where verbal proficiency is advantageous, such as in literature or leadership roles.

On a mood scale of zero to ten where zero is catatonically depressed and ten is ecstatic, out of this world happy, my friend opts for a 5.5 that helps get her creative juices going. Five is boringly normal.

Hence my friend prefers to regard herself as being mentally blessed rather than mentally ill. She regards her chemical imbalance as a God-given blessing and embraces her illness with grace and dignity.

Indeed, this illness has instilled in her not only the opportunity to exercise discipline over her emotions, but also allowed her to contribute in a way that she would not have been able to if she had never suffered the illness. Thank God for our bipolar bears!

“THAT YOU MAY NOT GRIEVE OVER THE LOSS YOU SUFFER, NOR EXULT OVER WHAT HE GAVE YOU. ALLAH DOES NOT LOVE THE VAINGLORIOUS, THE BOASTFUL.”
Qur’an 57:23

Act A Balancing HEAL ISSUE 14 (October–December 2016)  •  ISSN: 2339-5443
Debunking Three Myths About Bipolar Disorder

1. Mania is fun

Mania is fun as the patient expresses himself freely and does the things he will not do otherwise. When someone experiences mania, his emotions seem like never before. Having bipolar disorder is like being an officially moody person with grand mood swings. Yes, it does feel like in a FT race you should get better with experience, say what you Daryl?

Daryl: We are like water. We can be calm and still. Sometimes we rush and hasten. We have an emotional storm!

Mano: I haven’t had a manic episode in years. The lithium is working fine but I got more depressed...

Daryl: What’s Type 2 Mano? Type 2 is more depressed and Type 1 is more manic.

Mano: Oh, definitely Type 2.

2. Bipolar disorder is when you are happy one moment and sad the next

Changi: You are sad in mood, mood is normal. But when you experience symptoms of bipolar disorder your moods are much more extreme. People can experience periods of mania when they feel great, elevated, and excited. Or sad and very low. The moods might switch very often. The mood swings can be really disruptive and can make it really hard to function in day to day life. It’s always mood one sad, mood one happy... but there is more than one mood people have.

Daryl: I just thought about being bipolar is hard to be calm and cool.

3. Medication fixes bipolar disorder

Daryl: In reality, it is actually a very long process of treatment for bipolar disorder. So people are always advised to work with their doctors and psychiatrists, including the pharmacists, to find out what’s best for them. Management of bipolar disorder is much more successful in the longer term as opposed to the shorter duration of treatment. Different strategies that are used to manage bipolar disorder include psychological treatment, and other self-help strategies as well.

Daryl: In the end, nobody should be placed under the effective of their medication.
UPCOMING EVENTS & ANNOUNCEMENTS

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3. Photographic exhibition @ Bukit Batok (BB) Library – 17 to 23 October
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THE BIPOLAR RIDE OF LIFE

By Noor Baizura Rahaman

O Bipolar!
What wonder
Yet pain you could be!
Am I bipolar
By definition
Or are you
Just a part of me?
Should I laugh or cry
Or laugh while I cry
O you have turned me
Into such a mystery!
While the world
Calculate pain score
On a chart of 0 to 10

My doctor, hardly
Ever use that to
Evaluate me
Instead he asks
Me if 0 is suicidal
And 10 is manic
Tell me how do you feel?
You have made me
Charismatic on
Hypomanic days
I could be the envy of
Many
Yet you wrap me in
A blanket of sadness
On other days
And make people wonder
Why do I walk under an
Invisible cloud of misery
Nothing is ever consistent
With me
Except for my
Inconsistency
I shall not let you
Dictate the life of me
You make me such
A parody
I thank you though
For the lessons I have
learned
For the joys
For the love
For the tragedies
You have made me
closer
To God on some days
And reminded me that I can
be someone
Or something
But the truth is
We are nobody
And nothing
Like leaves that grow
From seed
And be a part of life
And someday discolor
And perish
I am a painting of God
Oh yes
A brilliant stroke
Of ever changing
Colours
In His very own
Masterpiece
Of Life
So paint me Lord
A Bipolar Polaroid
I will sing Your praises
No matter how You
Colour me
Be it I am up
Or down
I know I am Yours
Bipolar or not
I know
You are Sufficient
For me!

BE A HEALING FRIEND

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As a member or a volunteer, you can contribute in a variety of ways, from assisting in Club HEAL events to conducting rehabilitative activities! We need people from all walks of life who can contribute their time and skills to fulfil our cause. To become a member, please fill up the membership form available at our website (under Resources section) and email it to us at info@clubheal.org.sg or mail it to: Club HEAL, Blk 244, Bukit Batok East Ave 5, #01-02, Singapore 650244. We look forward to hearing from you!

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Or laugh while I cry
O you have turned me
Into such a mystery!

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Calculate pain score
On a chart of 0 to 10

My doctor, hardly
Ever use that to
Evaluate me

Instead he asks
Me if 0 is suicidal
And 10 is manic
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A blanket of sadness
On other days
And make people wonder
Why do I walk under an
Invisible cloud of misery

Nothing is ever consistent
With me

I shall not let you
Dictate the life of me
You make me such
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