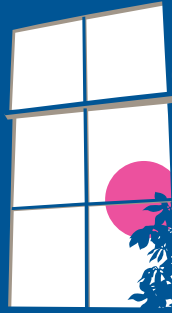


You've been living with bipolar depression for several years.

You've seen improvements in your mood since you've been on treatment, but lately you notice that the feelings of sadness, worthlessness, and loss of interest are still there, interrupting your life, making even the simple tasks seem impossible. Even though you take your medicine and visit your physician regularly, every day still feels like an uphill battle.

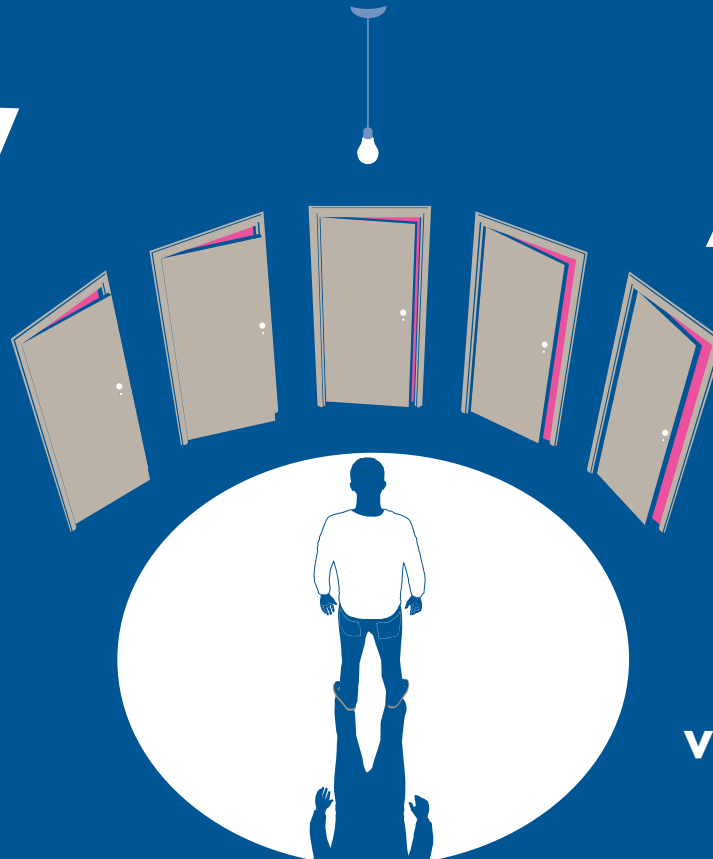


You know something needs to change.

You can't go through life just dragging through each day like this. Your loved ones encourage you to tell your physician how you've been feeling, and finally you agree. Your physician reminds you that managing bipolar depression is a lifelong journey, and it may take a few tries to find the right medication for you. She tells you about the different options you have, and together you weigh the pros and cons of changing your treatment plan because different treatment options may be appropriate for different patients. You're hesitant to try something new, but you are determined to try and overcome those feelings of sadness, worthlessness, and loss of interest.

You changed your treatment plan, and it seems to be working.

You still struggle some days, but you're getting back in the swing of things and are starting to feel more like your old self. You no longer make up excuses to avoid seeing your friends, and it's easier to handle those day-to-day tasks that used to feel so overwhelming. Your family notices a positive change in your behavior, and when you check in with your physician, she's pleased with your progress. You've come to understand that managing bipolar depression will always be part of your life—and it won't always be easy—but you've taken the right steps to help get back to doing the things you love to do.



Visit www.JoinThinkingForward.com to receive more information on a patient support program.