



STATION 1 *The Trigger*

AN EPISODE OF MANIC DEPRESSION HAPPENS OVER TIME MARKED BY DISTINCT STAGES. MOST OFTEN TRIGGERED BY A STRESSOR. SOMETIMES AN EPISODE IS A SHIFT IN CHEMISTRY OVER WHICH YOU HAVE NO CONTROL. IN THIS FIRST STAGE OF FLIGHT YOU MAY DECIDE THAT MEDICATION PREVENTS YOU ^{FROM} EXPERIENCING YOUR TRUE SELF. YOUR CHIROPRACTOR SUPPORTS ^{THIS} NOTION.

WRITTEN and DRAWN with LOVE from ALICE



RESOURCES

Dear Reader
IF YOU OR SOMEONE YOU LOVE
IS STRUGGLING - PLEASE
SEEK HELP AND SUPPORT.
EVEN YOUR CHIRO-
PRACTOR & VERY NICE
PLEASE DON'T TAKE
ADVICE FROM THEM.
ABOUT YOUR EXPERIENCE &
COMMUNICATE and CONNECT.
YOU COME to CHERISH STABILITY. FROM TIME
to TIME YOU WILL STRUGGLE with
DEPRESSION and/or HYPMANIA. HOWEVER
YOU HAVE GATHERED YOUR RESOURCES
and KNOW HOW to ASK for
HELP. YOU WRITE and DRAW
FROM YOUR EXPERIENCE to
ASK for
RESOURCES
HOW to ASK for
HELP. YOU WRITE and DRAW
FROM YOUR EXPERIENCE to
COMMUNICATE and CONNECT.
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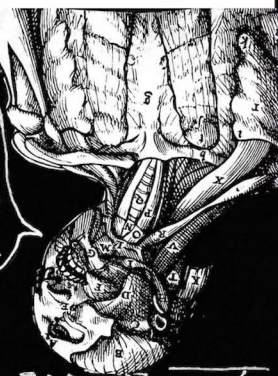




YOUR PILLS
are
GOD
PROPHYLACTICS

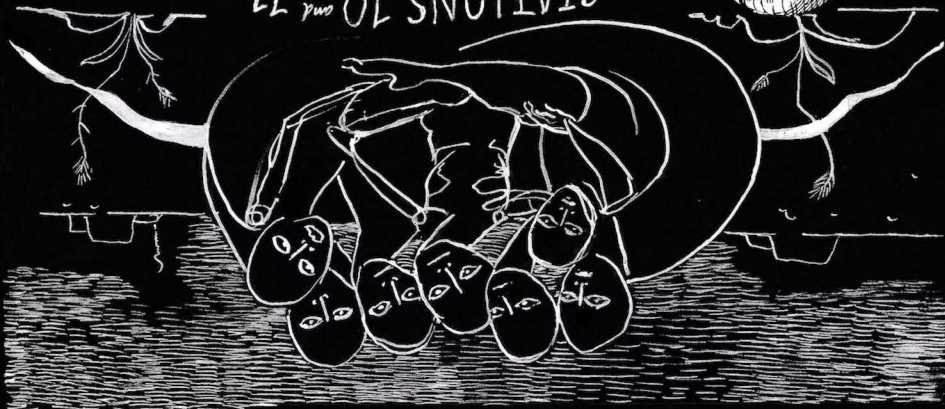
STATION 2: *Going Rogue*

YOU MAY BE EXCITED BY THE SENSATIONS and ENERGY YOU EXPERIENCE. YOU FEEL LIBERATED FROM THE TYRANNY OF THE MEDICAL-INDUSTRIAL COMPLEX. YOU ARE CERTAIN YOU'VE NEVER HAD SUCH EMOTIONAL or INTELLECTUAL CLARITY.



THE MEDICATION BEGINS TO HELP. YOU FIND A SKILLFUL and LOVING THERAPIST. SHE IS INSTRUMENTAL in YOUR RECOVERY. WITH HER GUIDANCE, YOU BEGIN THE PROCESS OF REPAIR. YOUR CHILDREN and SPOUSE WERE SO AFRAID and HURT and BEWILDERED. THE HEALING is ONGOING. YOU ARE PROFOUNDLY GRATEFUL to ALL WHO HELP YOU.

STATIONS 70 and 71
Recovery and Repair





STATION 3: Pressured Speech

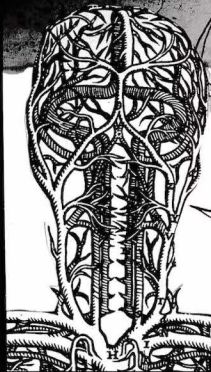
YOUR MIND BEGINS TO TEAR DOWN the VEILS, REMOVING all THE OBSCURING TENDENCIES of CONSCIOUSNESS. The WORLD GLITTERS and SNAPS and POPS WITH AN INFINITE VARIETY of WIDE-RANGING CONNECTIONS. YOU TALK COM-PULSIVELY and VERY FAST.





STATION 4: Mania

AT THIS POINT YOU MIGHT LOSE YOUR JOB. YOU MAY NOT BE AWARE (yet) THAT YOU HAVE ENTERED FULL-FLEDGED MANIA. YOU DON'T SLEEP or EAT FOR DAYS. SOON the INTENSITY of MANIA BEGINS to EXCEED YOUR PHYSICAL, COGNITIVE and EMOTIONAL CAPACITY. YOU FEEL as if YOUR NERVOUS SYSTEM IS on THE OUTSIDE of YOUR BODY. *THE HOLD* on REALITY is SHATTERING.



YOU BECOME ACUTELY AWARE of ALL the DAMAGE YOU MAY HAVE CAUSED DURING the MANIC EPISODE. IF YOU ARE DRENCHED in SHAME. AT THIS POINT-IF YOU ARE VERY LUCKY YOU STILL HAVE A FAMILY WHO LOVES YOU. YOU BETTER WITHOUT YOU. UNWANTED BE THOUGHTS TORMENT YOU DAY and NIGHT.



STATION 8: Suicidal Ideation

YOUR FRIENDS ARE GONE
YOUR JOB IS GONE. WHO
WOULD EVEN ATTEND YOUR
FUNERAL... DO NOT
SUICIDE as KARMAIC
CATASTROPHE for YOUR CHILDREN
YOU CAN'T KEEP GOING (you must)

WHICH METHOD?
The least traumatic for
your family.



DO IT.
IT WILL BE a
RELIEF
for you
and your
FAMILY.



STATIONS 5+6: *Mixed Episode*

DURING THIS TIME YOU MAY HAVE A CURIOUS COMBO OF HYPOMANIA, MANIA and DEPRESSION. YOU ARE ERRATIC+IRRITABLE. YOU MAY SENSE THE INEVITABLE DESPAIR. AT TIMES THIS MAY FEEL LIKE COSMIC PAYBACK AFTER THE SEEMING ECSTASY OF MANIA. YOUR FAMILY SUFFERS HORRIBLY.

EVENTUALLY YOU SHIFT FROM MANIA TO PROFOUND DEPRESSION. IF YOU HAVEN'T BEEN HOSPITALIZED, THERE IS DISCUSSION. A PHARMACEUTICAL COCKTAIL TO PRESCRIBED. STRICT ROUTINES ARE SUGGESTED. PERSONAL AGENCY VANISHES. YOU MAY NOT CARE WHAT HAPPENS TO YOU.

STATION 7: *The Switch*



WE'VE ADVANCED SINCE "ONE FLEW OVER THE CUCKOO'S NEST."

ELECTRO-CONVULSIVE THERAPY???