

HIGH TIDE, LOW TIDE: THE CARING FRIEND'S GUIDE TO BIPOLAR DISORDER

- MARTIN BAKER
AND FRAN HOUSTON



onlineevents
Learning Together Online

Resource Guide

About Martin Baker

Three thousand miles away in the north-east of England, **Martin Baker** is an ASIST trained Mental Health First Aider and Time to Change Champion. A member of the National Alliance on Mental Illness, Mind, and Bipolar UK, Martin is Fran's primary support and lifeline.



Martin Baker



About Fran Houston

A highly successful electrical engineer until illness struck, author and photographer Fran Houston has lived with bipolar disorder, chronic fatigue syndrome, and fibromyalgia for over twenty years. Passionate about making invisible illness visible, Fran lives in Portland, Maine.

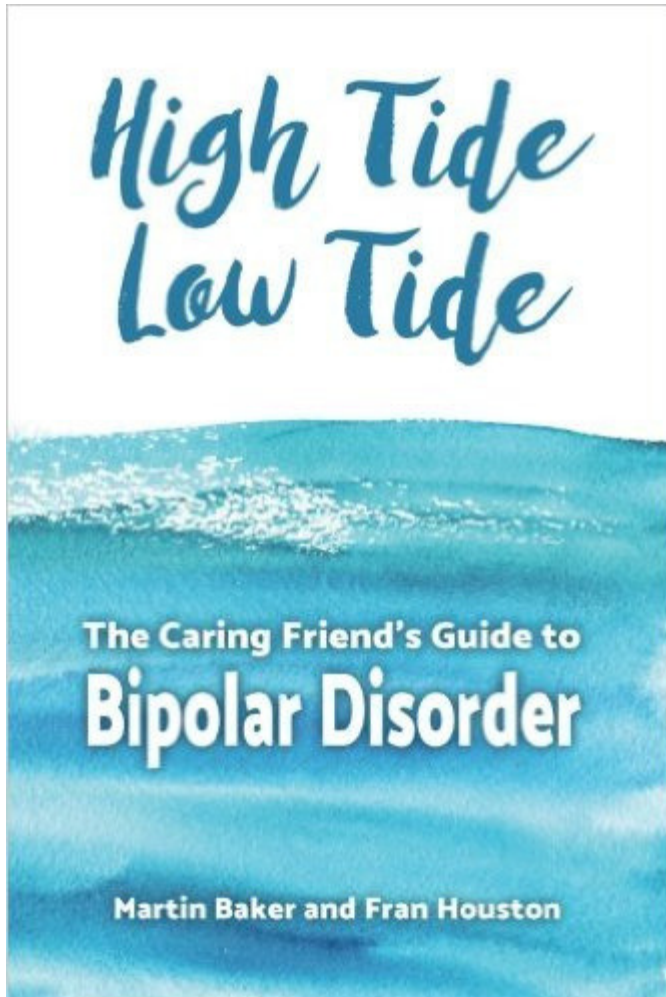


Fran Houston



onlinevents

BOOK



[MORE DETAILS.....](#)

How Can You Be a Good Friend, When Your Friend Lives with Mental Illness?

We all want to be there for our friends, but when your friend lives with mental illness it can be hard to know what to do, especially if you live far apart. Transatlantic best friends Martin Baker and Fran Houston share what they've learned about growing a supportive, mutually rewarding friendship between a "well one" and an "ill one."

"High Tide, Low Tide: The Caring Friend's Guide to Bipolar Disorder" offers no-nonsense advice from the caring friend's point of view, original approaches and practical tips, illustrated with real-life conversations and examples.

No One Is Too Far Away to Be Cared for, or to Care

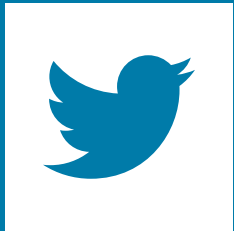
Support your friend and celebrate each other, whether you live on the same street or oceans apart. Learn the key skills and attitudes you need for a successful caring friendship, and strategies to support your friend through episodes of mania, depression, and suicidal thinking, whilst also taking care of yourself.



onlinevents

Contact

www.gumonmyshoe.com



[@gumonmyshoebook](https://twitter.com/gumonmyshoebook)



[/GumOnMyShoe](https://www.facebook.com/GumOnMyShoe)



onlinevents

Have you recorded your learning?

Don't forgot to log 60min of CPD

[CLICK HERE](#)
to Log in and log
your learning

- 1 What did you learn?
- 2 How do you intend to apply this in your practice?
- 3 Do you have any further action for your next CPD cycle?

REGISTER TODAY
to log your learning online



onlineevents

Connect with **Onlineevents**

Click the images below

John



/ Onlineevents



/ Onlineevents

Sandra



/ Onlineevents_saz



/ sandraonlineevents

www.onlineevents.co.uk

Pinterest



Find us on

Facebook

Click [HERE](#) to join our FB group

LinkedIn™

Onlineevents Company page

Instagram