History of the World Bipolar Day (WBD)

Emeritus Prof. Pichet Udomratn, M.D.

Prince of Songkla University Hat Yai, Thailand
Before 21 August 2013
We have only 2 World Days Related to Mental Health

1. World Mental Health Day
   (by WHO) on 10 October

2. World Suicide Prevention Day
   (by IASP) on 10 September
ANBD council meeting
22 August 2013, Bangkok
(during the 4th WCAP)
I raised the issue of why we have so many World Days of medical illnesses such as World AIDS Day, World COPD Day, World Cancer Day, World Sleep Day, etc. but we have very few World Day of Mental health.

(Pichet Udomratn August 22, 2013)

“When the ANBD, who came up with the idea, approached the ISBD we immediately decided that we should support it actively. The initiative helps to achieve our goals to improve the lives of bipolar patients and their relatives. We immediately invited the IBPF to join in the initiative and are excited to work with such a great group of organizations. I am confident that World Bipolar Day will grow in the upcoming years and will help reduce stigma.”

Willem Nolen
President ISBD
(2012 to 2014)

World Bipolar Day History - International Bipolar Foundation (ibpf.org)
https://ibpf.org/world-bipolar-day-history/
Muffy Walker

Founder of IBPF, said the following when asked why she felt it important to be involved with WBD

“As Martin Luther King once said, I have a dream that one day our nations will rise up and create all men equal. And I have a dream that my son, who has lived most of his life with bipolar disorder, will one day live in a nation where he will not be judged by his illness, but rather by the content of his character. I believe that World Bipolar Day will help bring my dream to fruition.”

World Bipolar Day History - International Bipolar Foundation (ibpf.org)
https://ibpf.org/world-bipolar-day-history/
Why World Bipolar Day?

• Bipolar disorder affects 27 million people worldwide. (NIMH)
• Bipolar disorder is the 6th leading cause of disability in the world. (WHO)
• Bipolar disorder results in a reduction of 9.2 years in expected life span. (NIMH)
Why World Bipolar Day?

• There is stigma attached to this illness that cause delay of seeking professional help.

• Having the World Bipolar Day (WBD) is an opportunity to give a public education about this serious illness but yet treatable and preventable.
The vision of WBD is to bring world awareness to bipolar disorders and eliminate social stigma through international collaboration. The goal of WBD is to bring the world population information about bipolar disorders that will educate and improve sensitivity towards the illness.

**Strength for Today, Hope for Tomorrow**
Which day should be World Bipolar Day?
World Bipolar Day (WBD) - an initiative of the Asian Network of Bipolar Disorder (ANBD), the International Bipolar Foundation (IBPF), and the International Society for Bipolar Disorders (ISBD) - will be celebrated each year on March 30th, the birthday of Vincent Van Gogh, who was posthumously diagnosed as probably having bipolar disorder.
Three organizations

(ISBD)

(IBPF)

(ANBD)
WORLD BIPOLAR DAY
MARCH 30

Contributing Organizations

International Society for Bipolar Disorders
International Bipolar Foundation
Asian Network of Bipolar Disorder
Depression and Bipolar Support Alliance
International Society for Affective Disorders

Map representing advocacy groups worldwide

www.facebook.com/worldbipolarday
@WorldBipolarDay
www.isbd.org
(Visit the Advocacy and Patient Groups page)

For more information about WBD, or for any questions, comments, or event announcements, please contact Jill Olds at jillo@isbd.org
WBD 2014 Indonesia

WBD 2014 Thailand
Celebrating World Bipolar Day 2014
at Bangkok Thailand

"เรียนรู้และเข้าใจ โรคไบโพลาร์"
(Understanding of Bipolar Disorder)
DIA MUNDIAL DO TRANSTORNO BIPOLAR

30 DE MARÇO
I am Nana Abena Korkor Addo, join me to bring world awareness to bipolar disorder and to eliminate social stigma on the 30th of March, 2017 at The Great Casely Hayford Hall.
WORLD BIPOLAR DAY 2017
CELEBRATION // 4th Annual Event

Sabtu, 4 Maret 2017
Mulai jam 10 pagi
Galeri Cipta II TIM, Cikini

TALKSHOW

Manfaat BPJS dalam Layanan Kesehatan Jiwa
dr. Maya Amiarny R., M.Kes, AAK
(Direktur Pelayanan BPJS Kesehatan)

Tips Hidup Optimal Bersama Bipolar
Hana Alfikih (Seniman, ODB)

Moderator: Ade Binarko

Contact Person
Putri 083872552359 - Qisthi 081291661347
FREE
BIPOLAR INDIA presents
WORLD BIPOLAR DAY, MUMBAI, MARCH 30TH
5 pm onwards S P JAIN AUDITORIUM, BOMBAY HOSPITAL
WORLD BIPOLAR DAY 2017
CELEBRATION
4th Annual Event
LIVING AN OPTIMAL LIFE

Free!
Open for Public

SABTU, 4 MARET 2017
10.00-16.00 WIB
GALERI CIPTA II
TAMAN ISMAIL MARZUKI
CP : Putri 083872552359
    Qisthi 081291661347

Talkshow
Manfaat BPJS // Tips Hidup Optimal

Art Exhibition
by Bipolar Survivor

Charity Bazaar
Food // Art & Craft // Fashion

Live Painting
Erwin-nya-Dini // Bipolar Survivor

Art Therapy
by Vindy // Seniman, Founder BCI

RSJ DHARMAWANGSA
SEHAT MENTAL.id
EVENTJAKARTA
bipolarcareindonesia.com
bipolarcare.indonesia
Bipolar Care Indonesia
WORLD BIPOLAR DAY

10 am to 6 pm, Sunday, April 1st, 2018.
Hotel Suba International, Sahar Road, Andheri East, Mumbai

www.bipolarindia.com Let's Walk Together
When you first presented the idea for World Bipolar Day (WBD) to ISBD, we were honored that you had entrusted the Society with this concept. What we didn't fully appreciate at the time was how empowering this simple concept of global education and awareness would become.
Dear Prof. Udomratn (Pichet),

On behalf of the International Society for Bipolar Disorders (ISBD) Awards Committee, we are pleased to inform you that you have been selected as the winner of the 2021 ISBD Kuper-Frank Distinctive Contribution Award. Congratulations! The announcement of the Award was made at the 2021 ISBD Awards Ceremony held on Friday, May 14th, 2021, in conjunction with the 23rd Annual Conference of the International Society for Bipolar Disorders, which was held as a Global Virtual meeting.

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WBD has become a beacon for many ISBD chapters, which instantly embraced the concept and made it part of their programming every March. However, the concept grew and extended beyond the orbit of ISBD, with many advocacy organizations and even individuals doing something in recognition of World Bipolar Day. The Kuper-Frank Award is meant to honor those who have made a lasting impact upon the ISBD and its mission; with over 136 documented events held by over 50 organizations in more than 36 countries to date, it is clear that WBD has had a tremendous impact on global stigma. We are honored to present the Kuper-Frank Award to you for bringing global attention to bipolar disorder through WBD.

Please confirm the following spelling of your name, degrees and title, which will be printed on your award: PROFESSOR PICHET UDOMRATN, MD

We ask you confirm this as soon as possible, but no later than Friday, August 13, 2021, to Chad Daversa at chad@isbd.org.

Sincerely,

[Signature]

Professor Gin S. Malhi
President, ISBD
World Bipolar Day
Ending the Social Stigma
Thank you for your kind attention