



**KITT O'MALLEY**

**Author. Speaker.  
Mental Health  
Advocate.**

Over the years, Kitt has struggled with bipolar, experiencing depression so deep that it was a living hell and mania so severe that she was psychotic.

There is help. Psychotherapy, medication, and coping skills have enabled her to live a full life.

Acceptance has been key to her mental health recovery. Acceptance is essentially a spiritual experience. To accept yourself is to love yourself.

There is hope. You are enough.

## **TALKING POINTS**

- I'm more than my bipolar diagnosis
- Acceptance is key to mental health recovery
- Coping strategies
- Living successfully with bipolar
- Finding purpose in life's challenges & triumphs
- The importance of self-care when caring for others



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