

# Community-Based Website, Support, and Publications

By and For People Struggling With **Bipolar Disorder**  
and Related Madness



## The Icarus Project

was created by a group of people diagnosed with Bipolar and similar diagnoses whose conditions like ours are seen as dangerous gifts to be cultivated and taken care of rather than “diseases” or “disorders” needing to be cured. With these double edged blessings we have the ability to fly to places of great vision and creativity, but like the mythical boy Icarus, we also have the potential to fly dangerously close to the sun -- into realms of delusion and psychosis -- and crash in a blaze of fire and confusion. At our heights we may find ourselves capable of creating music, art, words, and inventions which touch people’s souls and shape the course of history. At our depths we may end up alienated and alone, incarcerated in psychiatric institutions, or dead by our own hands. Despite these risks, we understand that we are members of a group that has been misunderstood and persecuted throughout history, but has also been responsible for some of its most brilliant creations. And we are proud.

Icarus image: drooker.com

[www.theicarusproject.net](http://www.theicarusproject.net)

# THE ICARUS PROJECT

Navigating the Space Between Brilliance and Madness

## Learning to Use Our Wings

The Icarus Project Website is a place for people struggling with Bipolar Disorder and Related Madness to connect and build an alternative support network outside the mainstream culture. We are learning from each other's mistakes and victories, stories and art, and helping to create a new culture and language that resonates with our actual experiences of these "disorders" rather than trying to fit our lives into the conventional framework offered by the current mental health establishment.

While many of us use mood-stabilizing drugs like Lithium to regulate and dampen the extremes of our manias and the hopeless depths of our depressions, others among us have learned how to control the mercurial nature of our moods through diet, exercise, and spiritual focus. Often we find that we can handle ourselves better when we channel our tremendous energy into creation: some of us paint murals and write books, some of us convert diesel cars to run on vegetable oil and make gardens that are nourished with the waste water from our showers. In our own ways we're all struggling to create full and independent lives for ourselves where the ultimate goal is not just to survive, but to thrive. Despite the effort necessary just to stay balanced and grounded, we intend to make the world we live on better, more beautiful, and way more interesting.

The Icarus Project is a place that helps people like us feel less alienated, and allows us -- both as individuals and as a community -- to tap into the true potential that lies between brilliance and madness.

come join us:

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