



You Me and Apollo: Hope Beyond Bipolar Disorder

J. D. Stottlemire

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"Apollo" is a message to people in Crisis: "You are not alone on the mountain." "The fear does not matter. The dark does not matter. The despair does not matter. All that matters is understanding, and making it home alive." "The fact that we're here today means we're stronger than our depression." "I don't punish myself for drinking so much and smoking the things I smoked. I was doing the best I could.at the time. I'm just glad I found my way to some real help." "It's not my fault that I have this disease and I'll be damned if I'm going to let it kill me." "Today there is a great deal of hope."

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Leslie Padilla:

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Domingo Adams:

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