Five Awesome Job Ideas for People With Bipolar Disorder

by BETHANY HEINESH

What Are Some of the Best Jobs for People With Bipolar Disorder?

Many of us who have been diagnosed with bipolar disorder have difficulty maintaining gainful employment. After all, having this illness is a full-time job by itself – one that requires medication, therapy, and regular doctor appointments.

Medication side effects, mood swings, low energy, mental confusion, and social anxiety can make it challenging to perform in a traditional job setting. Plus, bipolar disorder causes an emotional and mental instability that is not well-received in corporate America. The culture is just too unforgiving of “people like us.”

One of the greatest struggles I have seen among those of us who have bipolar disorder is managing the illness while still making ends meet.

Many of us are on disability, but let’s be honest – it’s not enough to live on. Others do not qualify and find themselves unable to sustain a job for any continued length of time.

Whatever your situation may be, chances are you are under constant financial stress if you can’t keep a job – which only makes symptoms worse. This makes it even more impossible to work. It can become a vicious cycle.

If you have stable employment at a job you enjoy; one that pays you well and takes good care of you – bravo! If not, I want to share with you my top five best jobs for people with bipolar disorder.

Freelance Writer

Of course, this is one of my favorite jobs for people with bipolar disorder. I am living the dream as a professional writer, and I love to encourage people to pursue this profession.

Writing is my passion, and I love what I do. I focus my work on writing about mental health and addiction. I enjoy connecting with organizations who need my services. Also, I have found a niche where I can share my experience, strength, and hope with others who are seeking solutions to mental health issues. Honestly, I consider this a true blessing.

I work from home, I set my hours, and I am my own boss. Being self-employed gives direction. Helping others gives me purpose. Plus, it is a great confidence builder to know that I can be fully self-supporting using nothing more than my own bipolar brain. It also gives me control. When I have a depressive episode, I can take time off that I need to take care of myself without worrying about what the boss will think. I am the boss!

Do you love to write? If so, there are plenty of opportunities out there for you to write from home. All you need is a scoop of talent with a side of motivation. There are thousands of jobs available for writers on any topic you can imagine.

Just think about it. Everything you read on the internet – from woodworking to internet marketing to gardening, parenting, scrapbooking, cooking, and yoga (and everything in between!) – is written by someone. Many of these someones are freelance writers. You could be one too!

Entrepreneur Selling Products

There are tons of perks for running your own business. (I have already named a few). Believe me, when I tell you – there are plenty of business opportunities out there to make good money without working a full-time job. (I know because I have done many of them and made a good income in the process.)

For example, most of us who have bipolar disorder are creative geniuses. There is something about our illness that gives us a unique ability to create beautiful paintings, amazing crafts, stunning sculptures, and other unique works of art.

You can make your own products and sell them at local markets or online on sites like Etsy. In addition to art; you can make soaps, banana bread, jellies, candles or whatever your heart desires.

Next page: More jobs for people with bipolar worth checking out.

Peer Support Specialist

I think being a peer support specialist is one of the coolest and most rewarding jobs you can have when you have bipolar disorder. A peer support specialist is someone who is living with a mental illness and offers support to other people with mental health issues.

There is some training involved in getting certified as a peer support specialist, which varies from state to state. It is relatively inexpensive, and it lasts just a few short months. Once you have been trained and certified, you have to be approved by the state you live in to work.

If you become a peer support specialist, you will work for mental health facilities or healthcare organizations. You have to be willing to share openly about your mental health issues with clients and share strategies that have worked for you.

The great thing about being a peer support specialist is that employers understand that you are battling a mental disorder. They are very compassionate and supportive when you need time off to take care of yourself.

Many companies offer flexible hours and part-time schedules for those who are not capable of completing a 40-hour workweek. The pay rate is good, and most companies provide excellent benefits.

This is a great way to help others by bringing hope and healing into the lives of those who are still struggling with mental health challenges. Those who work in the field say that their work is very fulfilling.

Work-From-Home Jobs

In the world of modern technology, many companies now provide work-from-home opportunities to employees. All you need is a computer or a telephone, and the companies will usually provide the necessary equipment. Working from home can be an optimal career choice for those of us with bipolar disorder.

You would be surprised about the many positions available that allow you to work from the comfort of your own home – in your pajamas – in the company of your emotional support animals without having to wear makeup, put on a suit, or make a commute in traffic. Oh, the many benefits you can enjoy when you work from home!

Entrepreneur Selling Professional Services

I talked about how you can make money selling products. You can also find a way to make an income selling services. That is what I do – I am selling a service. I can do my job from anywhere in the world. All I need is my laptop and some good-old-fashioned brainpower.

There are all sorts of professional services you can offer to the world for a fee. Here are a few examples:

- You can clean houses. I happen to know a couple of cleaners who make $50-$75 an hour!
- You can be a tutor. There are lots of sites you can join that will connect you directly with kids or college studies who need professional tutoring services.
- You can be a handyman (or woman!) who fixes things that people don't know how to fix.
- You can provide landscaping services by mowing lawns, gardening, or weed-eating.

Use your imagination! Think about what you are good at doing and get out there and advertise your services. You can get the word out among friends and family members and tell them to tell their friends. You can put a free ad on Craigslist and put up flyers in apartment complexes.

Find Your Niche – You Can Work With Bipolar Disorder!

In this article, I have offered five great job ideas to check out. You absolutely can find employment with bipolar. The problem is, most of us with bipolar pursue job opportunities that simply won't work for us.

I spent eight months as a high-paid contractor at a financial institution. I hated the job, but I loved the money. My contract was ultimately canceled because of absenteeism and tardiness. They were very unforgiving about the fact that I have a disability. However, it was one of the greatest things that ever happened to me.

I finally accepted that I have no place in conventional, traditional 9-5, clock in and clock out jobs. Not only do I not enjoy that kind of professional atmosphere, I just cannot fit into those kinds of rigid boxes. I love the life I am living now and it works for me.

You only get one life. Find something you love and find a way to make money at it! If I can do it, you can too!