

## WHAT IS IT

The exact cause of bipolar disorder isn't known, but a combination of genetics, environment, and altered brain structure and chemistry may play a role.

Manic episodes may include symptoms such as high energy, reduced need for sleep, and loss of touch with reality. Depressive episodes may include symptoms such as low energy, low motivation, and loss of interest in daily activities. Mood episodes last days to months at a time and may also be associated with suicidal thoughts.

Treatment is usually lifelong and often involves a combination of medications and psychotherapy.

### **Requires a medical diagnosis**

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MENTAL HEALTH

# BIPOLAR DISORDER



## PEOPLE MAY EXPERIENCE

**Mood:** mood swings, sadness, elevated mood, anger, anxiety, apathy, apprehension, euphoria, general discontent, guilt, hopelessness, loss of interest, or loss of interest or pleasure in activities

**Behavioral:** irritability, risk taking behaviors, disorganized behavior, aggression, agitation, crying, excess desire for sex, hyperactivity, impulsivity, restlessness, or self-harm

**Cognitive:** unwanted thoughts, delusion, lack of concentration, racing thoughts, slowness in activity, or false belief of superiority

**Psychological:** depression, manic episode, agitated depression, or paranoia

**Weight:** weight gain or weight loss

**Sleep:** difficulty falling asleep or excess sleepiness

**Also common:** fatigue or rapid and frenzied speaking

## TREATMENT CONSISTS OF MEDICATIONS AND THERAPY

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### ● THERAPIES

#### Support group

A forum for counseling and sharing experiences among people with a similar condition or goal, such as depression or weight loss.

#### Cognitive behavioral therapy

A talk therapy focused on modifying negative thoughts, behaviors, and emotional responses associated with psychological distress.

#### Psychoeducation

Education about mental health that also serves to support, validate, and empower patients.

#### Family therapy

Psychological counseling that helps families resolve conflicts and communicate more effectively.

#### Psychotherapy

Treatment of mental or behavioral disorders through talk therapy.

*"Bipolar disorder can be a great teacher. It's a **challenge**, but it can set you up to be able to do almost anything else in your life."*

- Carrie Fisher -



## MEDICATIONS

Anticonvulsant, Antipsychotic, and Selective Serotonin Reuptake Inhibitor (SSRI)

## TYPES OF BIPOLAR DISORDER



BIPOLAR DISORDER I

BIPOLAR DISORDER II