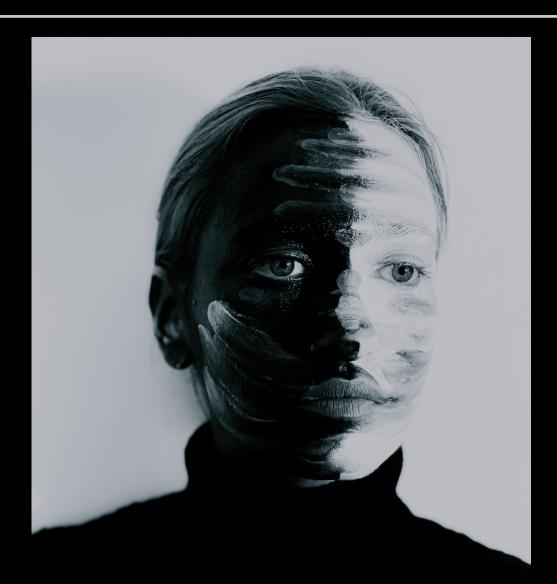
ALL ABOUT BIPOLAR DISORDER



Bipolar disorder is a mental disorder that causes periods of depression and periods of abnormally elevated mood

Symptoms

Manic Phase

- Extremely good mood
- Lots of energy
- Impulsivity
- Racing thoughts & nonstop talking
- Hallucinations & delusions

Depressive Phase

- Anger & irritability
- Insomnia
- Decreased interest in hobbies
- Suicidal thoughts
- Fatigue & low energy

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people will be dignosed with bipolar disorder at some stage in their lifetime.

Seeking Help

- Psychotherapy
- Medication
- Establishing a routine
- Create a dedicated support circle
- Educate yourself on available options

