

# ALL ABOUT BIPOLAR DISORDER

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

## Symptoms

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### *Manic Phase*

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

### *Depressive Phase*

- Anger & irritability
  - Insomnia
  - Decreased interest in hobbies
  - Suicidal thoughts
  - Fatigue & low energy
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people will be diagnosed with bipolar disorder at some stage in their lifetime.

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## Seeking Help

- Psychotherapy
  - Medication
  - Establishing a routine
  - Create a dedicated support circle
  - Educate yourself on available options
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**One Healing Space**