



## What is Bipolar Disorder?

In the past, it was called Manic Depression because of the different moods involved. People with Bipolar Disorder may have great highs (mania) and great lows (depression). There is also a milder form of mania (hypomania).

## What causes Bipolar Disorder?

There is no single cause of Bipolar Disorder. It has to do with brain chemistry and stress in the environment.

## What are the symptoms?

### Manic Phase:

- A sudden onset of a very good mood.
- Increased self confidence (can reach an extreme, grandiose).
- Making too many plans.
- Reckless driving, unusual increase in sexual activity and spending sprees.
- Racing thoughts with a rush to speak non-stop.
- Less sleep is needed.
- Bad temper and sudden emotional outbursts.

### Depressive phase:

- Long periods of sadness and crying spells.
- Feelings of helplessness, hopelessness and worthlessness.
- Withdrawal from activities enjoyed in the past.
- Loss of appetite or increased appetite.
- Fatigue, inability to sleep, or increased sleep.
- Irritability.
- Thoughts of death or suicide.

## What are the treatments?

- Medications
- Psychotherapy
- Stress management