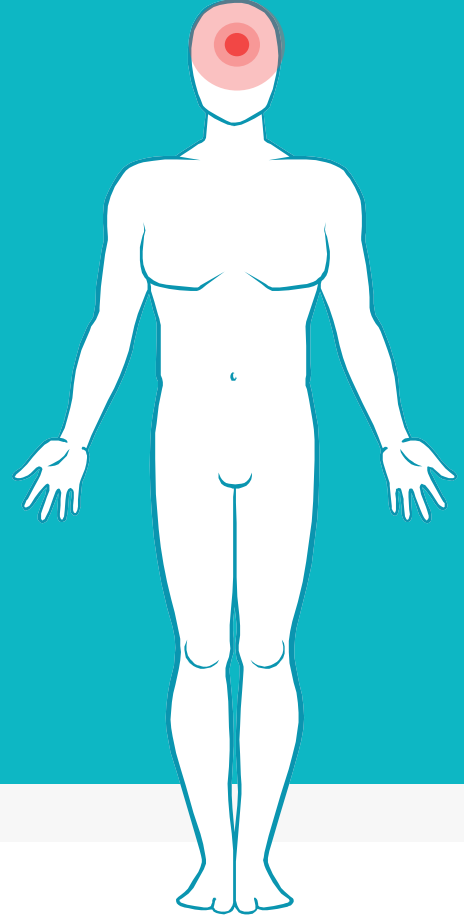


Bipolar Disorder

By: Madeline Bewig, Kate Winger , and Katrina Lopez



Bipolar Disorder – Symptoms and Causes

Symptoms:

- Prolonged sadness or unexplained crying spells
- Irritability, anger, worry, agitation, anxiety
- Loss of energy
- Social withdrawal
- Pessimism, indifference
- Feelings of guilt and worthlessness
- Inability to concentrate, indecisive
- Recurring thoughts of death or suicides
- Significant changes in appetite and sleep patterns

Causes:

- Biological differences: People with bipolar disorder appear to have physical changes in their brains. The significance in these changes is unclear but it may prove to further causes in the future.
- Genetics: Bipolar disorder is more common in people who have a close relative with the condition.

Bipolar Disorder – Seeking Help

Why Someone Wouldn't Want to Seek Help:

- Someone may not seek help because of the fear of being ridiculed
- They may be in denial or be scared of what a doctor might say
- Or someone may fear having someone think they are lying about having the condition.

Information Needed to Seek Help:

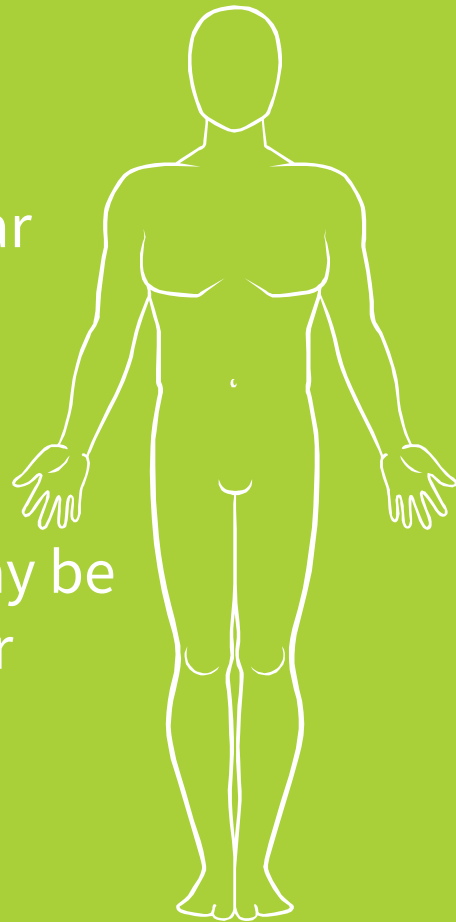
- People should be informed about common symptoms of mental illnesses in the workplace and schools
- Others should make people suffering from a mental illness feel welcome and like they can reach out for help
- There should be all the necessary resources available to everyone to get help

5.7 Million

Adults are affected by Bipolar Disorder each year

3.4 Million

Children and Adolescents with depression may be experiencing an early form of Bipolar Disorder



Living with Bipolar Disorder

What is it like living with bipolar disorder of a daily basis?

- Living with bipolar disorder can be hard for the person suffering and their friends and family.
- People with bipolar disorder can go through extreme mood swings.
- These mood swings have been described as “extreme highs and extreme lows”
- The depression mood swings can last up to a few years even.

Diagnoses

Manic Depression Disorder

*This is the full name for bipolar disorder.

*1-2% of the population is affected.

*It is identified has hypomanic episodes which alter a change in moods or the persons personality.

*Present in young adolescents or in young adulthood

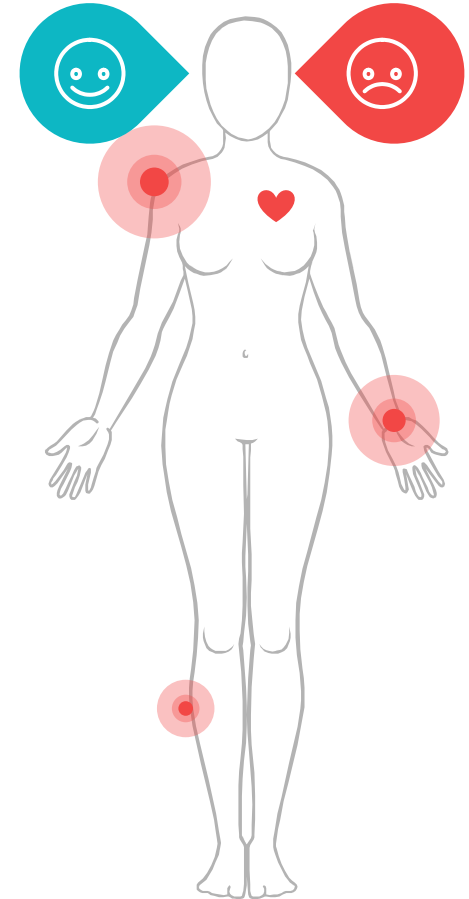
Clinical Symptoms

- Extreme mood swings
- Anxiety
- Emotional highs and lows
- Unexplainable/ perlong sadness
- Abnormal brain structure
- Change in appetite
- The person is often irritable
- Loss of energy
- Suffers pains or aches
- Depression

Types

*Bipolar Disorder 1: They may have constant perlong episodes and can be quite dangerous.

*Bipolar Disorder 2: They are able to suffer depression while having these hypomanic episodes which can cause substantial consequences.



Treatment and Medications

Treatment

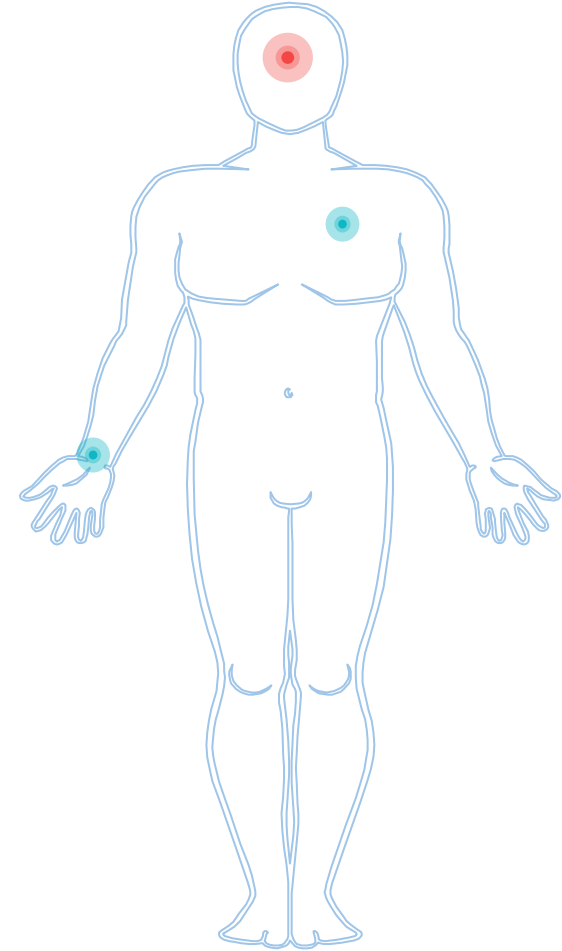
- **Psychotherapy:** is used to exchange negative thoughts into positive ones
- **Substance abuse treatment:** It helps lower the risk of patients in abusing alcohol or taking drugs
- **Treatment programs:** Helps them find alternatives in moods outside of clinics
- **Self-management strategies:** It helps them manage their behaviors and the way they react during episodes

Medicines

- **Antidepressants:** they can lower or increase depression
- **Stimulants:** help stimulate the function and focus in the brain
- **Anti-anxiety:** controls the anxiety
- **Antipsychotics:** helps control the delusions and episodes
- **Mood Stabilizers:** controls the way they express themselves and their mood swings

Mental conditions and Importance

- *If untreated it can last for 1-3 months with cycles reoccurring from 1-2 episodes per year. These often increase during the spring or fall.
- *They are more likely to develop psychoactive substance which can lead to serious substance abuse that can affect this disorder even more and cause a relapse.
- *It requires lifelong monitoring by a psychiatrist because they can track and help contain them from their consequential reckless behaviors.
- *It is very important for people to be aware of this disorder because it can increase and will be harder to treat and/or can no longer think or react correctly.
- *These patients must seek help in order to diminish the consequences and dangerous outcomes.



Medical Careers

Clinical Psychiatrist - these doctors help diagnose and treat emotional problems. They understand the difference between emotional illness and medical illness.

Clinical / Counseling Psychologists- they help patients cope more effectively with life issues and mental issues. They use various techniques based on their research and the patients needs, values, goals , and circumstances.

Physician- they identify the medical illness the patient is suffering and recommend them to specialists that can further explain their situations.

Substance abuse counselors- they help the patients of drug or alcohol abuse through behavioral or medical therapy



Stigma & Negative Stereotypes

- ❖ Immature
- ❖ Reckless
- ❖ Irresponsible
- ❖ Erratic
- ❖ Bipolar Disorder is also seen as a sign of weakness

Signs

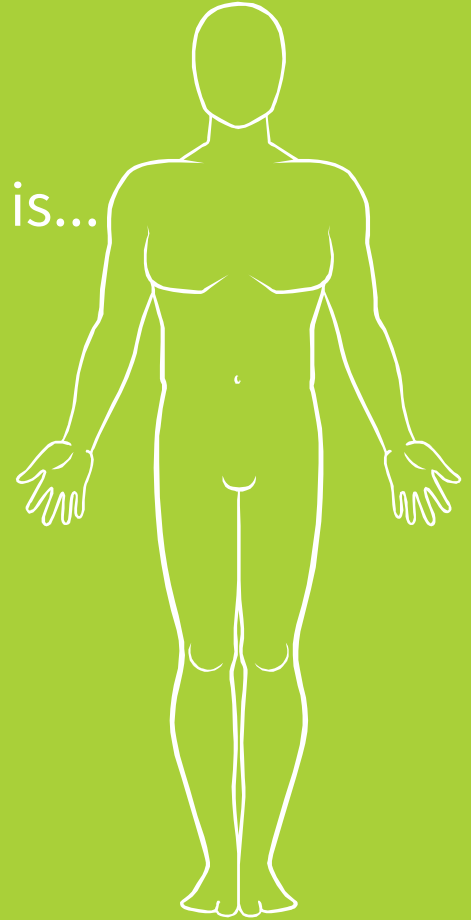
1. Some signs of bipolar disorder are...
 - a. Tiredness
 - b. Rapid mood swings
 - c. Irritability
 - d. High levels of anxiety

17.4 million

Adults have a depressive disorder, that is...

1 in 7 Adults

That have a depressive order



Seek Help!!

Call:

1-800-273-8255



Call or Text:

**St.Louis City Youth
Connection Helpline.**

**Call: Depression
& Bipolar
Support**

800-826-3632



**Depression and Bipolar
Support Alliance**

Other Resources

1. [Healthguideinfo.com](https://www.healthguideinfo.com)
2. [Mayoclinic](https://www.mayoclinic.org)
3. [mind.org](https://www.mind.org)