**Did You Know?**

**BIPOLAR DISORDER**

**Common Manic Stage Behaviors:**
* Unusual amounts of energy that affect mood and/or sleep
* Uncharacteristic participation in high-risk activities that are likely to lead to painful results, such as spending sprees, foolish investments, high risk sexual behavior
* Disconnected, racing thoughts

**Common Depressive Stage Behaviors:**
* Excessive crying; constant fatigue and inertia
* Loss of interest in normally pleasurable activities
* Overwhelming feelings of despair, hopelessness, and helplessness

The moods of a person with bipolar disorder swing from periods of intense elation to periods of intense sadness

Bipolar disorder **typically develops in late adolescence or early adulthood**

Unlike other forms of depression, bipolar disorder **affects men and women equally.** Nearly one in every 100 people will experience the disorder at some time in their lives

Because of the genetic susceptibility to bipolar disorder, people who have a close relative with the condition are **10-20 times more likely** to develop either depression or bipolar disorder than the general population

There is help: **70% or more of individuals with bipolar disorder respond well to psychotherapy and medication.**

**A combination of professional counseling and medication helps most people return to productive and fulfilling lives.**

*Facts from Active Minds, the National Institute of Mental Health & the American Psychiatric Association*