

**If you are interested in joining Active Minds, a new organization devoted to raising mental health awareness on campus, please contact info@activemindsoncampus.org

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
- * 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, which is **also called manic depression**, 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
- The psychological basis for bipolar disorder is better understood than other forms of depression, **making the illness one of the most effectively treated**
- 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 those patients with bipolar disorder respond well to medication** that helps reduce the frequency and intensity of manic episodes. **A combination of professional counseling and medication helps most patients return to productive and fulfilling lives**

ACTIVE MINDS ON CAMPUS WEBSITE:
www.activemindsoncampus.org

*Facts obtained from Friends Hospital, the National Institute of Mental Health and the American Psychiatric Association

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