



Bipolar Disorder 101: The Basics

Bipolar disorder is an illness characterized by recurrent episodes of mania (and/or hypomania) and depression. The cause is unknown but likely involves genetic, biological, and environmental factors.

Bipolar Disorder Subtypes

Bipolar Disorder Type I

People with Bipolar I have experienced at least one episode of mania, typically preceded by or followed by hypomanic or major depressive episodes.

Bipolar Disorder Type II

People with Bipolar II have experienced at least one hypomanic episode, at least one major depressive episode, but no manic episodes.

Cyclothymic Disorder

People with Cyclothymic Disorder (also called Cyclothymia) experience noticeable shifts in mood that are less extreme than those in Bipolar I or II.

People with any type of Bipolar Disorder can have thoughts of suicide. If you are worried that you may harm yourself or someone else, seek help from emergency personnel immediately.

Mania

- Ability to function is seriously impaired
- Sometimes requires in-hospital treatment
- Episodes last for at least 1 week
- Severe episodes may include psychotic symptoms involving delusions and hallucinations

vs.

Hypomania

- Elevated mood does not negatively affect usual work or socializing
- Symptoms can usually be managed outpatient
- Episodes last for at least 4 consecutive days
- Episodes do not involve psychosis

**For more on this topic, download our
Bipolar Disorder Symptoms Tip Sheet at www.isbd.org.**



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People with Bipolar Disorder can lead healthy, productive lives when the illness is treated effectively. Proper, continuous treatment can help reduce the frequency and severity of mood episodes in most cases.

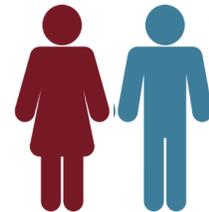
Seeking Treatment

- ☑ Treatment for Bipolar Disorder includes medication, education, and talk therapy.
- ☑ Forging a long-term therapeutic relationship with a doctor and/or therapist is crucial.
- ☑ Take medications as prescribed and talk with your doctor about ways to reduce side effects.
- ☑ Learn strategies to prevent relapse:
 - ☑ Identify and learn to manage your stressors
 - ☑ Monitor changes in sleep
 - ☑ Maintain a routine
- ☑ Work with your doctor to identify and manage other related physical and psychiatric illnesses.



1-2 OUT OF EVERY 100 people around the world have bipolar disorder.

Bipolar disorder affects men and women **EQUALLY.**



MOST people with bipolar disorder are initially misdiagnosed.

A correct diagnosis can take up to **10 YEARS.**



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