



— What is Bipolar Disorder? —

Bipolar Disorder is a mental health disorder that causes unusual shifts in mood, energy, and activity levels, making it difficult to perform every day tasks. The moods range from low depressive episodes to high, manic episodes. There are four different types of the disorder.

Common Symptoms of Bipolar Disorder

- ② Feeling high, elated, and filled with energy
- ② Feeling very sad, down, or hopeless
- ② Having racing thoughts & talking very fast
- ② Having very little energy
- ② Being agitated, irritated or touchy
- ② Have trouble sleeping
- ② Doing risky things like spending large sums of money or having reckless sex
- ② Think about death or suicide

Screenings are quick, easy, and confidential and can help determine if your symptoms are consistent with depression.