



# Mental Disorders

## Bipolar Disorder

Bipolar disorder is a mood disorder characterized by highs (mania) and lows (depression) that are outside of normal mood changes that most people experience. The highs and lows experienced by people with bipolar disorder impact how they are able to function on a social, emotional, and occupational level. There is no known cause of bipolar disorder but genetics, stress, drug and alcohol use can make you more vulnerable experience the disorder. The rate of bipolar disorder in Black Americans is the same as other racial groups, however Black Americans are less likely to be diagnosed and receive proper treatment.

People living with bipolar disorder experience periods of time (episodes) when they are in a manic and/or depressive state. Below are the symptoms of mania and depression:

### Mania Symptoms

- Feeling invincible
- Overly confident
- “On top of the world” and can do anything
- Decreased need for sleep
- Risky behavior
- Spending large amounts of money
- Overinvolvement in enjoyable activities
- Irritable
- Talkative
- Racing thoughts

### Depression Symptoms

- Loss of interest/pleasure in doing things
- Feeling hopeless
- Loss of appetite or overeating
- Difficulty concentrating
- Loss of energy

### Warning Signs

- More productive than usual
- Overly happy or upbeat mood
- Extreme irritability
- Others noticing a drastic change in your mood or behavior



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### Treatment

- Medication: Anti-depressant, Anti-psychotic medication
- Psychotherapy: Cognitive Behavioral Therapy, Individual Therapy, Family Therapy
- Self-management practices and education: Mood and Symptom tracking
- Mindfulness strategies: meditation, prayer, exercise, acupuncture