WHAT IS BIPOLAR DISORDER?

Bipolar Disorder involves episodes of extreme mood shifts that range from extreme highs to extreme lows. There are generally three types of episodes that can occur in bipolar disorder: manic phase (extreme high), hypomanic phase (less extreme high) and depressive phase (extreme low). These extremes in mood can make it difficult for individuals to manage everyday tasks such as work, school and maintaining relationships.

SYMPTOMS OF BIPOLAR DISORDER

Manic episodes: Emotional high, euphoric, impulsive, excited, full of energy, high levels of creativity, unrealistic ideas/plans, easily distracted

Impulsive behaviours such as: spending sprees, unprotected sex, drug use, risky/dangerous behaviours

Depressive episodes: Hopelessness, sadness, loss of energy, lack of interest in activities once enjoyed, sleeping problems, suicidal thoughts

TYPES OF BIPOLAR DISORDER

**BIPOLAR I**

Involves at least one manic episode. Individuals may also experience hypomanic and depressive phases.

**BIPOLAR II**

Involves at least one hypomanic and one depressive phase, with no manic phase.

**CYCLOTHYMIA**

Involves at least one hypomanic and one depressive phase, with no manic phases. This type of Bipolar disorder is milder and less intense than Bipolar I and II.
The exact cause of Bipolar Disorder is still unknown; however, it is likely to be a combination of a variety of factors.

- Genetics are likely to have a contribution to developing the disorder. Additionally, any abnormalities in the structure or functioning in your brain may also increase your risk.
- Furthermore, environmental factors such as extreme stresses and traumatic experiences are also likely to play a role.

For more information on bipolar disorder, contact:
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