



Gateway to Hope
Training Program of HHCI

Bipolar Disorder

What is Bipolar Disorder?

- Cycling mood changes that alternate between severe highs (manic or hypomanic episodes) and severe lows (major depressive episodes) with periods of normal moods in between

Know the Symptoms

- Abnormally euphoric mood
- Unusual high self-esteem
- Reduced need for sleep
- Self-destructive behavior
- Change in weight or appetite
- Psychomotor agitation or retardation
- Fatigue or loss of energy
- Inability to concentrate
- Recurrent suicidal thoughts

Types of Bipolar Disorders

- **Bipolar I Disorder**

- Manic episodes severe enough to cause impairment in daily functions or lead to hospitalization

- **Bipolar II Disorder**

- A pattern of hypomanic episodes associated with a clear change in daily functioning that is uncharacteristic

- **Cyclothymic Disorder**

- A milder form of bipolar disorder characterized by at least 2 years of periodic symptoms

Treatments and Therapies

- **Lithium**

- Reestablishes chemical balance in neurons and decreases susceptibility to damage from stimuli

- **Anticonvulsants**

- These medications cause mood-stabilizing affects through a neuroprotective action similar to lithium

Treatments and Therapies

- **Atypical Antipsychotics**

- Modifies the functions of dopamine and serotonin in the brain to stabilize mood

- **Psychotherapy**

- Assistance in understanding and resolving problems that may be contributing to the disorder