

BIPOLAR DISORDER



Bipolar disorder is a mental health condition that causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression).

-Mayo Clinic

What you can do

- Regular Exercise
- Keep a Life Chart (records daily mood symptoms, treatments, sleep patterns, and life events) and can help communicate with a mental health professional
- Be patient improvement takes time
- Seek professional help

Diall 988 for the Suicide & Crisis Lifeline (call or text)

**7 MILLION
ESTIMATED CASES IN
THE USA**



YOU ARE NOT ALONE

To Be Honest

A PROGRAM OF MOMENTUM FOR HEALTH

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