



# Did you know?

## You are not alone

The National Alliance on Mental Illness reports that nearly 2.6% of the U.S. population is diagnosed with bipolar disorder.

Men and women are affected equally by bipolar disorder, and 25 is the average age of onset.

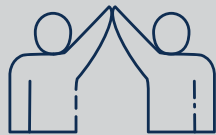
## What is bipolar disorder?

Bipolar disorder is a behavioral health disorder that causes unusual shifts in mood, energy, and activity levels, making it difficult to perform everyday tasks. Moods range from low, depressive episodes to high, manic episodes. Bipolar was previously known as manic depression.

### Things that can help:



Exercise



Social Supports



Nutrition



Stress Reduction



Sleep

## Treatment works!

Bipolar is a complex illness and should only be diagnosed by a clinician who can recommend the best treatment. With consistent treatment and by taking prescribed medication regularly, persons with bipolar disorder can lead fulfilling and productive lives. Social support is key to maintaining emotional health and well-being.

Visit the [Depression and Bipolar Support Alliance](#) to find more information and free support groups in your area.

You don't have to be suicidal to use a crisis line – speak to someone about how you're feeling or if you're worried about a loved one by calling or texting a crisis line.

Contact the **Crisis Text Line** by texting 'TALK' to 741741  
Call the **Suicide Prevention Lifeline** at 1-800-273-8255

MindWise.org

