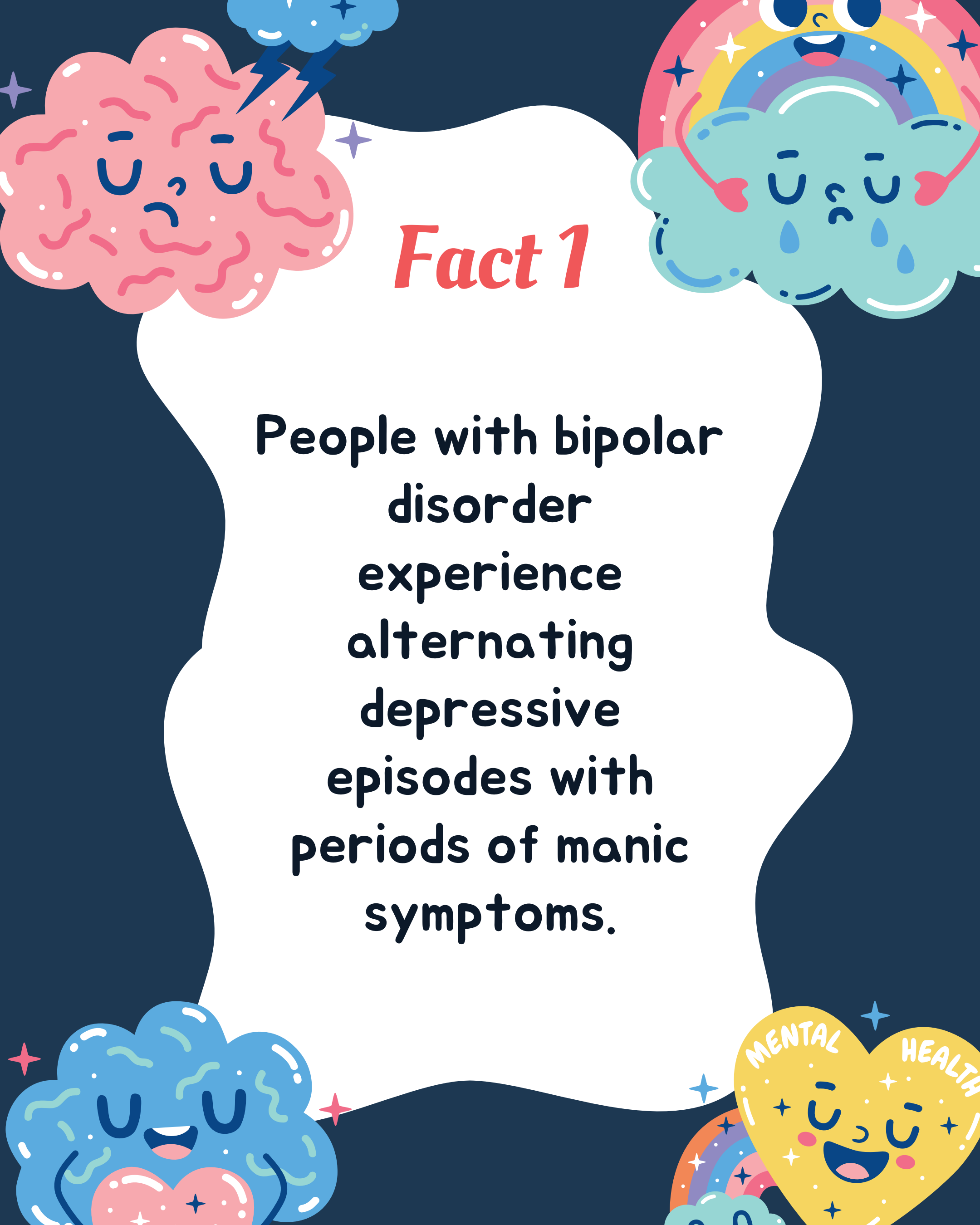


# KEY FACTS ON BIPOLAR DISORDER

AN INITIATIVE BY CONSULT ANIKET





## *Fact 1*

**People with bipolar disorder experience alternating depressive episodes with periods of manic symptoms.**



## *Fact 2*

**During a depressive episode, the person experiences depressed mood (feeling sad, irritable, empty)...**



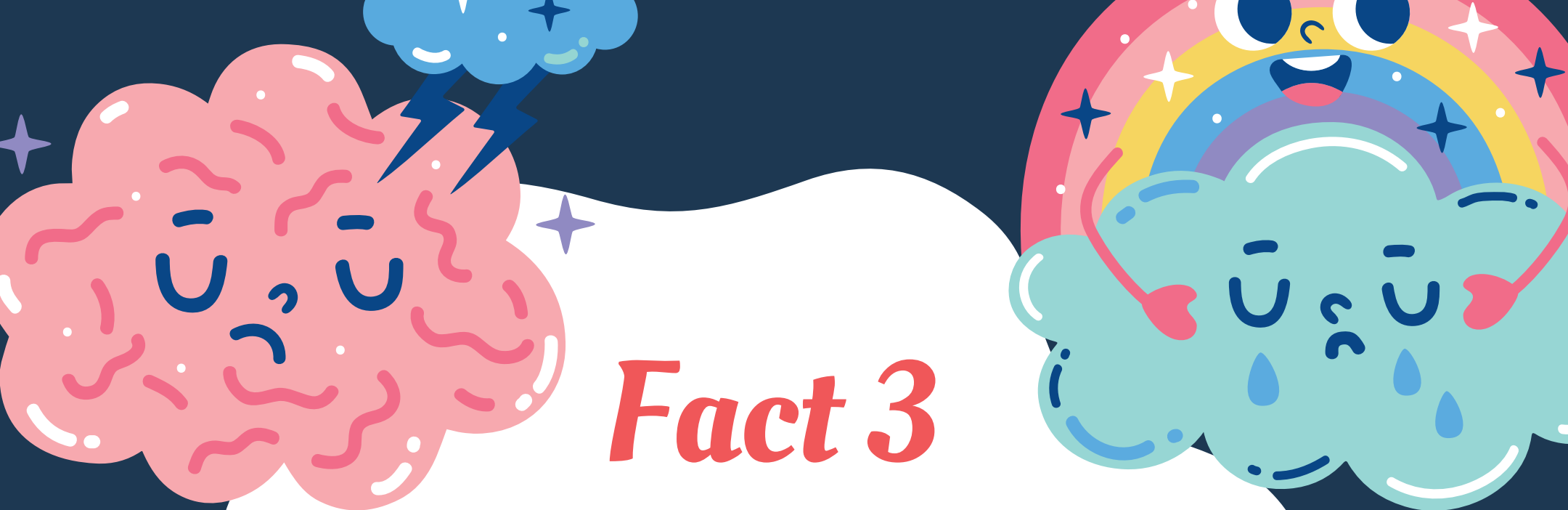


## *Fact 2*

CONTD...

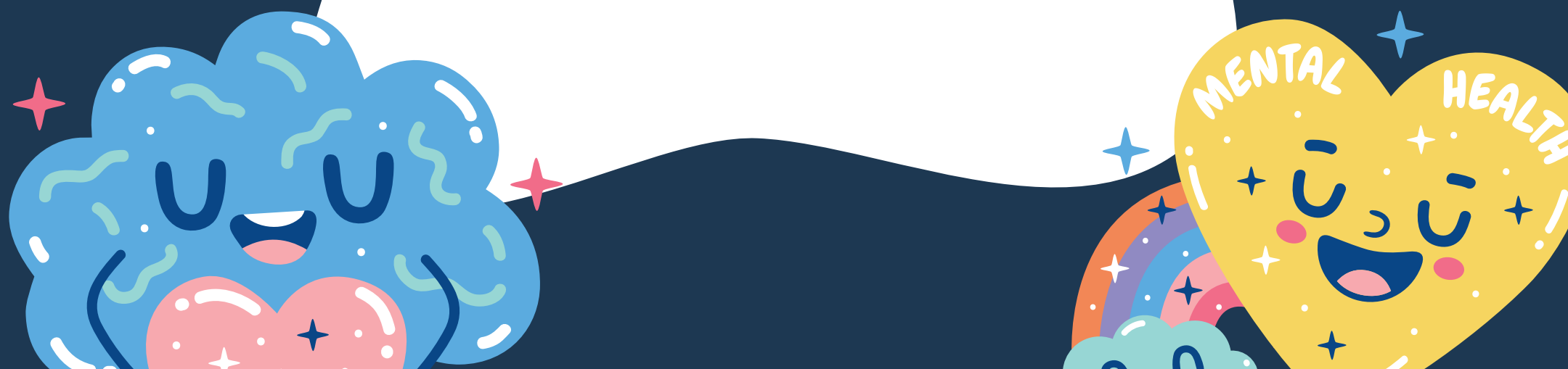
**...or a loss of  
pleasure or  
interest in  
activities, for  
most of the day,  
nearly every day.**





## *Fact 3*

**Manic symptoms  
may include  
euphoria or  
irritability,  
increased activity  
or energy, and  
other symptoms  
such as...**





## *Fact 3*

CONTD...

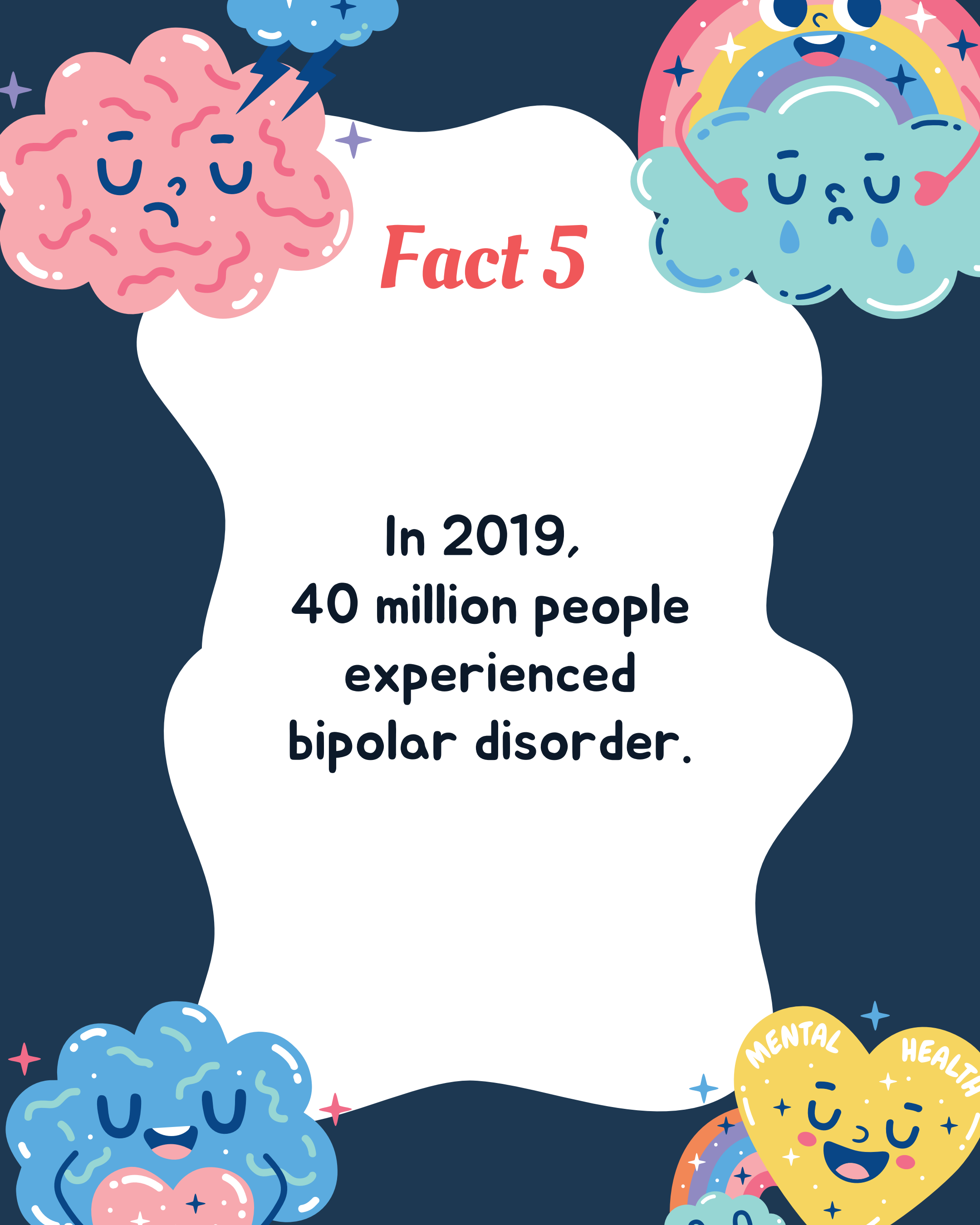
...increased  
talkativeness,  
racing thoughts,  
increased self-  
esteem, decreased  
need for sleep,  
distractibility, and  
impulsive reckless  
behaviour.





## *Fact 4*

**People with  
bipolar disorder  
are at an  
increased risk of  
suicide.**



## *Fact 5*

**In 2019,  
40 million people  
experienced  
bipolar disorder.**





## *Fact 6*

**Effective  
treatment  
options exist  
including  
psychoeducation,  
reduction of  
stress and  
strengthening of  
social functioning,  
and medication.**



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