

# Bipolar Disorder

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## What is Bipolar Disorder?

Bipolar disorder is a disorder associated with episodes of mood swings ranging from depressive lows to manic highs.

## Causes

This is formed from a combination of genetics, environment, and altered brain structure and chemistry.

## Symptoms

Manic episodes may include:

- High energy
- Reduced need for sleep
- Loss of touch with reality

Depressive episodes may include:

- Low energy
- Low motivation
- Loss of interest in daily activities

## Treatment Options

Common types of therapy used to treat bipolar disorder include cognitive behavioral therapy, interpersonal and social rhythm therapy, as well as psychoeducation.

Therapy is commonly paired with other treatment options, such as medications.



Peaceful Mind Mental Health provides mental health services in our Fergus Falls location and via secure, HIPAA compliant video conferencing.

To make an appointment, please create a free account on the online portal and schedule yourself in the next available opening or call the number 218.731.8896

**“Healing takes time and asking for help is a courageous step.”**

-Mariska Hargitay