

#BipolarTogether!

WORLD BIPOLAR DAY WEDNESDAY 30 MARCH

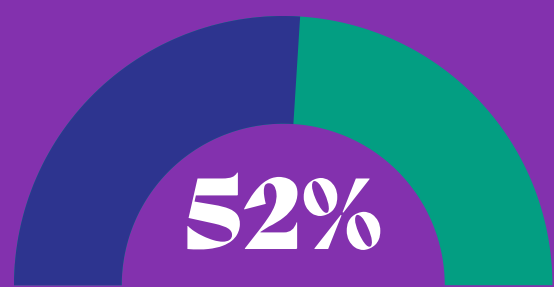


46 MILLION

people worldwide are living with
Bipolar Disorder

What Is Bipolar Disorder?

Bipolar disorder is a brain disorder that causes changes in a person's mood, energy, and ability to function. People with bipolar disorder experience intense emotional states that typically occur during distinct periods of days to weeks, called mood episodes. These mood episodes normally involve manic/hypomanic (abnormally happy or irritable mood) or depressive (sad mood). People with bipolar disorder generally have periods of neutral mood as well. When treated, people with bipolar disorder can lead full and productive lives.³



This breaks down to a slightly uneven split of 48% male 52% female



Bipolar I is seen more in men than women

Bipolar II is seen less often in men than women

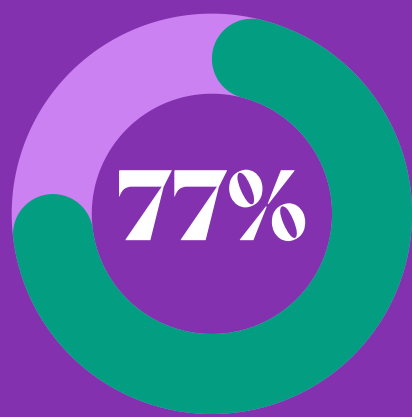


DIFFERENT TYPES OF BIPOLAR DISORDER

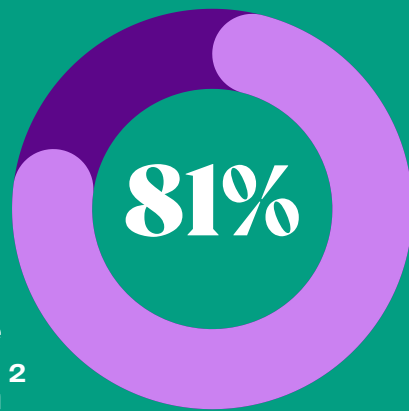
Bipolar I: At least one episode of mania that affects functioning.

Bipolar II: At least one episode of hypomania (a briefer and less severe form of mania) plus at least one episode of major depression.

Rapid cycling: At least four episodes of mania, hypomania, depressive or mixed episodes in any 12-month period.



77% of bipolar-I participants said living with the disorder made them feel isolated or alone²



81% reported feeling like no one understands what they go through²

World Bipolar Day's ultimate goal is to inspire a global shift in thinking that will eliminate social stigma and promote acceptance.

1.Lam, A. (n.d.). Bipolar disorder in men and women: what's the difference? International Bipolar Foundation. Retrieved March 23, 2022, from <https://ibpf.org/articles/bipolar-disorder-in-men-and-women-whats-the-difference/>

2.World Bipolar Day - International Bipolar Foundation. (2016). <https://ibpf.org/learn/programs/world-bipolar-day/>

3.Parekh, R. (2017). What Are Bipolar Disorders? Psychiatry.org; American Psychiatric Association. <https://www.psychiatry.org/patients-families/bipolar-disorders/what-are-bipolar-disorders>

<https://ibpf.org/>