



# Bipolar Disorders

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Bipolar Disorder is a brain disorder that causes dramatic shifts in a person's mood, energy, ability to think clearly and to function normally. Different from the normal ups and downs everyone goes through, the symptoms of bipolar disorder are severe. Individuals with this disorder experience extreme high and low moods, known as mania and depression. Some people can be symptom-free for many years between episodes.

Untreated, bipolar disorder can result in poor work or school performance, damaged relationships, and even suicide.

The good news is that bipolar disorder is very treatable, and people with this illness can lead full and productive lives.

**For an overview, types of bipolar disorders, symptoms, diagnosis, treatment, related conditions, and support go to:**

## **NAMI**

<https://www.nami.org/types-of-conditions/bipolar-disorder/?tab=overview>

## **Understanding Bipolar I and II**

<https://jedfoundation.org/resource/understanding-bipolar-disorder/>

## **Understanding Bipolar in Men**

<https://headsupguys.org/understanding-bipolar-disorder-in-men/>

## **Women's health – Bipolar**

<https://womenshealth.gov/mental-health/mental-health-conditions/bipolar-disorder-manic-depressive-illness>

## **Do I have bipolar questionnaire**

<https://ibpf.org/wp-content/uploads/2016/11/MDQ.pdf>



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## **The International Bipolar Foundation**

This is an informative resource that has a library of videos and information. It also has a screening questionnaire.

<https://ibpf.org/>

## **The DBSA (Depression and Bipolar Support Alliance)**

This is another informative group that has active support groups throughout San Diego.

<http://www.dbsasandiego.org/>

## **National Institute of Mental Health**

<https://www.nimh.nih.gov/health/publications/bipolar-disorder-listing>

## **Mental Health America**

<https://mhanational.org/conditions/bipolar-disorder/>

## **Additional resources**

<https://adaa.org/understanding-anxiety/co-occurring-disorders/bipolar-disorder>

## **Caregiver support**

<https://www.couragetocaregivers.org/blog-onepaggers-1/2021/8/14/bipolar-disorder>

**See also the tab for Caretaker Support on the main Mental Health page.**

For more information, resources and Catholic therapists, contact Rich at [hello@thechurchofstluke.org](mailto:hello@thechurchofstluke.org)