

# Download My Bipolar Life Guide To Maintenance Recovery

Bipolar disorder (also called manic depression) is a serious medical condition that causes extremes in a person's mood and behavior. It is not a weakness of character, family or faith, or something you can resolve on your own. Though it affects people of every race, many African Americans with the problem do not receive help. Bipolar disorder, previously known as manic depression, is a mental disorder that causes periods of depression and periods of abnormally elevated mood. The elevated mood is significant and is known as mania or hypomania, depending on its severity, or whether symptoms of psychosis are present. During mania, an individual behaves or feels abnormally energetic, happy, or irritable. Bipolar Disorder: What You Need to Know Bipolar Disorder and African Americans Bipolar Disorder in Children Infographic: Life with Bipolar Mood Disorders "What is Bipolar Disorder?" A Guide to Hope and Recovery for African Americans Staying Well When You Have a Mental Illness PDF What the Depression Phase Is Like. Without treatment, a person with bipolar disorder may have intense episodes of depression. Symptoms include sadness, anxiety, loss of energy, hopelessness, and ...