

**If you are interested in joining Active Minds, a new organization devoted to raising Mental Health Awareness on campus, please contact activeminds@duke.edu

Did you Know?: Bipolar Disorder

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Common Manic Stage Behaviors:

- * Unusual amounts of energy that effect mood and/or sleep
- * Uncharacteristic participation in high-risk activities that are likely to lead to painful results, such as spending sprees, foolish investments.
- * Disconnected, racing thoughts

Common Depressive Stage Behaviors:

- * Excessive crying; constant fatigue and inertia
 - * Loss of interest in normally pleasurable activities
 - * Overwhelming feelings of despair, hopelessness, and helplessness
- The moods of a person with bipolar disorder, which is **also called manic depression**, swing from periods of intense elation to periods of intense sadness
 - Bipolar disorder **typically develops in late adolescence or early adulthood**
 - Unlike other forms of depression, bipolar disorder **affects men and women equally**. Nearly one in every 100 people will experience the disorder at some time in their lives
 - The psychological basis for bipolar disorder is better understood than other forms of depression, **making the illness one of the most effectively treated**
 - Because of the genetic susceptibility to bipolar disorder, **people who have a close relative with the condition are 10- 20 times more likely to develop either depression or bipolar disorder than the general population**
 - There is help: **70% or more of those patients with bipolar disorder respond well to medication** that helps reduce the frequency and intensity of manic episodes. **A combination of professional counseling and medication helps most patients return to productive and fulfilling lives**

**FREE, CONFIDENTIAL SERVICES ARE AVAILABLE TO STUDENTS AT
DUKE UNIVERSITY**

Counseling and Psychological Services (CAPS)
214 Page Building, Box 90955 Durham NC 27708-0955
Phone: 919.660.1000 Fax: 919.660.1024
<http://caps.studentaffairs.duke.edu/>

ACTIVE MINDS AT DUKE WEBSITE:
www.duke.edu/web/activeminds