

ASPENPOINTE

SINCE 1875...



## Bipolar Disorder

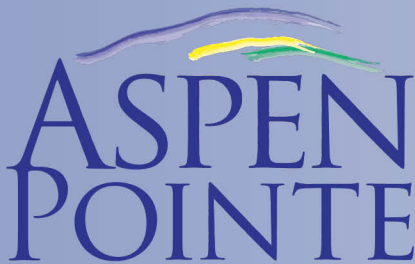
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Bipolar disorder is an illness affecting the brain and is characterized by extreme fluctuations in mood, thinking and energy. More than 10 million Americans suffer from this illness, also known as manic/depressive disorder.<sup>1</sup>

The disorder displays in two forms: mania and depression. During periods of mania, a person may appear to be happy, full of energy and ideas, impulsive, ambitious and fast-paced. While in a depressive state, the person may sleep in excess, experience suicidal thoughts, exhibit low energy, and feel restless and irritable. The shifts between these moods can be prolonged over time, experienced simultaneously or change drastically, which is called rapid cycling.

Both genetics and environment have been identified as leading causes of bipolar disorder and the symptoms generally begin to appear in adolescence or in young adults. Bipolar disorder is classified as a chronic, lifelong illness. Untreated, it can lead clients to harm themselves or others. In most cases, effective, lifelong treatment combines both mood-altering medications and continued therapy.



Since 1875, ASPENPOINTE has empowered clients, enriched lives and embraced purpose through individual and family services in mental health, substance abuse, employment & career development, education, housing, jail diversion & reintegration, telephonic wellness, and provider network services.

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