LESSONS IN MENTAL HEALTH

Bipolar Brochure Project

Create a tri-fold brochure that explains the three types of bipolar disorder and shows what rapid cycling looks like.

Bipolar I | Bipolar II | Cyclothymia | Rapid Cycling

THE BIG PICTURE

Six panels, one brochure

PANEL 1

Cover

Title, image, your name

PANEL 2

Bipolar I

Mania and depression

PANEL 3

Bipolar II

Hypomania and depression

PANEL 4

Cyclothymia

Milder highs and lows

PANEL 5

Rapid Cycling

A chart or diagram

PANEL 6

Support

Resources and hope

RESEARCH GUIDELINES

Where your facts come from

Use trusted sources

- NIMH (National Institute of Mental Health)
- NAMI (National Alliance on Mental Illness)
- Mayo Clinic
- APA (American Psychiatric Association)

Using AI? You may, but:

- Use words that are in your own vocabulary
- Keep it short and easy to understand
- Write bullets and phrases, not paragraphs

PANELS 1 AND 2

Cover and Bipolar I Disorder

Key term to bold on Panel 2: mania

Panel 1: Cover

- Title
- Image
- Your name

Panel 2: Find and summarize

- What Bipolar I disorder is
- How long a manic episode usually lasts
- Whether depression can also happen
- One way it can affect daily life

PANEL 3

Bipolar II Disorder

Key term to bold: hypomania

Find and summarize

What Bipolar II disorder is
What hypomania is and how it is different from mania
The type of depression that occurs in Bipolar II
One major difference between Bipolar I and Bipolar II

Tip

Look up the word **hypomania** first. Then compare it to what you learned about mania for Panel 2.

PANEL 4

Cyclothymic Disorder (Cyclothymia)

Key term to bold: cyclothymia

Find and summarize

What Cyclothymia is
How long mood symptoms must last before diagnosis
What the pattern of moods usually looks like
How it is different from Bipolar I and Bipolar II

Tip

Check whether the time it takes to diagnose is different for adults and for teens.

PANEL 5

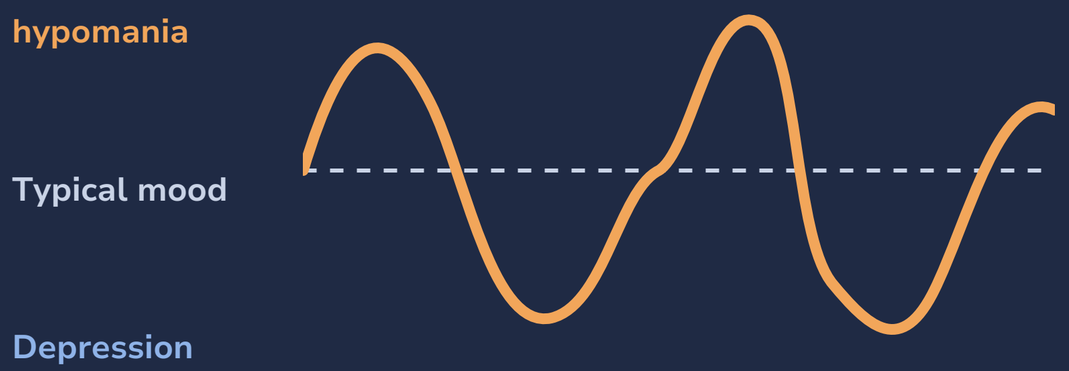
Rapid Cycling

Key term to bold: rapid cycling

Include

A chart or diagram of moods cycling between mania or hypomania and depression
A short definition of rapid cycling

One idea: a mood line



Mood episodes over one year: uneven, not a regular pattern

PANEL 6

Support Resources

Include

2 to 3 credible support resources for people with bipolar disorder
A short message of hope for anyone who reads your brochure
Sources: one line listing the sites you used

Bust a myth

Pick one myth from the "Myths and Facts" article and correct it in one line.

Myth: _____
Fact: _____

BEFORE YOU SUBMIT

Design and turn in

Design requirements

- Legible fonts
- Simple visuals
- Short text: bullets and phrases

Submission

Upload your brochure to Canvas under **Bipolar Brochure Project**.