LESSONS IN MENTAL HEALTH

Bipolar Brochure Project

Overview

Create a tri-fold brochure that explains the three types of bipolar disorder (Bipolar I, Bipolar II, and Cyclothymia) and includes a visual of rapid cycling.

Research Guidelines

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

Brochure Layout: 6 Panels

Panel 1: Cover

- Title
- Image
- Your name

Panel 2: Bipolar I Disorder

Key term to bold: **mania**

- 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**

- 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 II

Panel 4: Cyclothymic Disorder

Key term to bold: **cyclothymia**

- 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 II

Panel 5: Rapid Cycling

Key term to bold: **rapid cycling**

- A chart or diagram showing moods cycling between mania or hypomania and depression
- A short definition of rapid cycling
- Tip: real mood episodes are uneven, not a regular pattern

Panel 6: Support Resources

- 2 to 3 credible support resources for people with bipolar disorder
- **Bust a myth:** one myth from the "Myths and Facts" article, corrected in one line
- A short message of hope for anyone who reads your brochure
- **Sources:** one line listing the sites you used

Design Requirements

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

Submission

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