Bipolar Disorder



Lessons in Mental Health



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- Use this presentation as is, or view the Canva link for a fully modifiable template.

- Link: Bipolar Disorder Reference Guide Activity
- Link: Bipolar Disorder Student Reference Guide
- PDF: Bipolar Disorder Student Reference Guide
- PDF: Bipolar Disorder Myths and Facts Worksheet
- Link: Reference Guide Template for Student Use

- Canva is FREE for all teachers.

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TODAY WE WILL....

- Learn what bipolar disorder is and how it affects behavior
- Analyze manic and depressive symptoms
- Research causes, risk factors, and treatment options
- Complete a worksheet on myths vs. facts about bipolar disorder
- Add this information to your Mental Health Reference Guide

BIPOLAR

Imagine a person's mood as a roller coaster where people experience extreme highs and lows, just like a roller coaster goes up and down.

This is Bipolar Disorder.

Bipolar disorder is a mental health condition that causes extreme mood swings, including emotional highs (mania or hypomania) and lows (depression).



LEARNING ABOUT BIPOLAR

By educating ourselves about bipolar disorder, we can better understand and support people who live with it.

We can also help to break down the stigma and discrimination associated with this condition.

RESEARCH PROJECT

In this research activity, you will learn about the causes, symptoms, diagnosis, and treatment of Bipolar.

This information will be added to your Mental Health Reference Guide.





RESEARCHING BIPOLAR

Research Bipolar using the following resources:

- National Alliance on Mental Illness (NAMI)

- National Institute of Mental Health (NIMH)

  Look here for “rapid cycling” classification.

- Mayo Clinic

You can also use other websites in addition to the ones listed above.

Bipolar Information

- Name of Mental Health Disorder: Bipolar
- Category it belongs to within the DSM 5.
- Prevalence: How common is the disorder?
- The average age of onset of the disorder.
- A minimum of 5 Manic symptoms and 5 Depressive symptoms of the disorder. Put the information in bullet format.
- The average length of the cycle between manic and depressive symptoms for “rapid cycling” classification.
- Risk Factors that make a person more susceptible.
- Recommended course of treatment therapies and/or medications.

Template (Optional)

Click on the icon link below

Scroll down to access and edit the template

Template

Click Here

TURNING IN YOUR GUIDE

- Document this information in your Mental Health Reference Guide.
- Locate the information behind the category it belongs to within the DSM-5.
- Add graphics/symbols/icons to make it visually appealing.
- Make sure your content is legible.
- Download your guide and upload it to: Bipolar Mental Health Reference Guide.



LEAD WITH COMPASSION, EDUCATE WITH PURPOSE.

Until our next lesson

Visit Lessons in Mental Health for more FREE lessons and activities that support Mental Health Education.

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