BIPOLAR DISORDER

STUDENT REFERENCE GUIDE

Lessons in Mental Health

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.

Research:

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

- 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.

Turning In Your Activity:

- 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.

Lessons in Mental Health

- Use this worksheet as is, or view the Canva link for a fully modifiable template.
- Link: Bipolar Mental Health Reference Guide Activity
- Canva is FREE for all teachers.
- You are welcome to download and use this resource for your personal and classroom needs. However, any redistribution, whether free or paid, or unauthorized publication online is strictly prohibited.