

# 7 Bipolar FACTS

**4.6** MILLION PEOPLE **GLOBALLY** HAVE BEEN DIAGNOSED with bipolar



BIPOLAR CAN START AT **ANY** AGE IN KIDS OR TEENS

BIPOLAR MEANS **+** UPS & DOWNS OVER DAYS OR WEEKS **\*NOT\* HOURS**



**70%** OF PEOPLE W/ BIPOLAR ARE INITIALLY MISDIAGNOSED FOR 10 YEARS



MIXED EPISODES MAY PRESENT AS JUST INSOMNIA + ANXIETY



**SSRI'S** CAUSE PEOPLE WITH BIPOLAR TO HAVE WORSE MOODS



MANIA MAY BE INDUCED BY **POOR SLEEP** SUBSTANCES, CAFFEINE STRESS, BIG CHANGES & **Travel**