



Bipolar Disorder: An Information Guide

CAMH Bipolar Clinic Staff

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People who have extreme mood swings may have bipolar disorder, or manic-depressive illness. Their moods may have nothing to do with things going on in their lives. The symptoms of bipolar disorder affect not only mood, but also how people think, behave and function. This guide discusses:

- what bipolar disorder is
- the symptoms, patterns and causes
- the treatment options
- what to expect during recovery from an episode of mania or depression
- how partners and family members can be supportive and helpful.

This guide will help people with bipolar disorder, along with their families and friends, to navigate through the highs and lows toward recovery.

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