



Let's Talk Facts about Bipolar Disorder

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The APA Let's Talk Facts brochure series is designed to improve mental health by promoting informed factual discussion of psychiatric disorders and their treatments. They were developed for educational purposes for the general public and provide answers to commonly asked questions on mental health issues and disorders. What is Bipolar Disorder? A brain disorder that causes shifts in a person's mood, energy, and ability to function. Bipolar disorder is very treatable. A combination of psychotherapy and medication is optimal for managing the disorder over time. Brochures are sold in packages of 50.

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