

# BIPOLAR DISORDER

## MYTH?

Bipolar disorder just means mood swings



People with bipolar disorder are dangerous



It's just an excuse for erratic behaviour



Bipolar disorder is a rare disease



People could control bipolar disorder with more willpower



Bipolar disorder can only affect adults



## FACT!

Manic and depressive episodes are far more extreme than regular mood swings

People with bipolar disorder are no more violent than the general population – unless abusing drugs or alcohol

Bipolar disorder is as real as diabetes, arthritis, or multiple sclerosis

4 million South Africans – 3-4% of all adults – live with bipolar disorder

You can't 'snap out' of having cancer or a broken leg – nor can you bipolar disorder

While difficult to differentiate from ADHD, bipolar disorder has been identified in children as young as 6

Learn the facts. Dispel the myths.  
Quash the stigma.

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