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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