

# BIPOLAR DISORDER



Doesn't that just mean mood swings, like everyone has?



That means someone is crazy, right?



No. But bipolar disorder is all in a person's head. Just snap out of it.



No. Manic and depressive episodes are far more extreme than regular mood swings



Wrong. Is someone with diabetes, arthritis, or multiple sclerosis crazy?



Just because you can't see a mental condition, doesn't mean it isn't real

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

Learn the facts. Dispel the myths.  
Quash the stigma

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