



Bipolar Disorder (Teen Mental Health)

Jennifer Landau

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The National Institute of Mental Health states that half of bipolar diagnoses occur before the age of twenty-five, so the teenage years are a prime time for first showing symptoms. There are nearly six million people with bipolar disorder in the United States alone. This book clearly explains the four main types of the disorder, symptoms, getting a diagnosis and dealing with it, medications that are prescribed, support systems, lifestyle changes and strategies to keep calm, self-monitoring plans, and ways to manage school, family, and social life.

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