

Introduction

What is the course of bipolar disorder?
What happens after you first develop symptoms?

People usually develop bipolar disorders as teenagers or young adults, approximately age 16 to age 30. People can also have their first symptoms

If you have experience with Tmcd stig 3f you know more about Tjratehs9so-58

What are some of the steps you can take to manage your illness?

By reading this handout

- *Stigma refers to negative opinions and attitudes about mental illness. €*

Selectively disclo

Resources

