What Are Myths and Facts about Bipolar?

by NEWLIFEOUTLOOK TEAM

Learn the Facts about Bipolar

One big fact to take away is that bipolar can be managed with the appropriate treatments. Treatments don't necessarily mean pharmacological interventions; psychological treatments to help a person change their thinking about the world, themselves, or whatever they have negative thoughts about can change behavior. Treatments should be done as indicated in order to keep living a normal life. Even if bipolar doesn't seem to be impacting you anymore, continue on with the treatments, since they are helping your brain chemicals and your thoughts to stay in check. You should show this myth and fact chart to everyone in your life as part of the education required in order to support you. That way they can understand what misconceptions about bipolar there are and to know the truth.

DBSA

Myths and Facts about Depression and Bipolar Disorder

MYTH: Depression and bipolar disorder are just states of mind. A person just needs to "think positive" and they will go away.	**FACT:** Depression and bipolar disorder (also known as manic depression) are real, treatable illnesses that affect the brain. They can't be overcome by "snapping out of it." Asking someone to "think positive" is like asking someone with diabetes to change his or her blood sugar level by thinking about it. People with mood disorders can feel better with the right treatment.
MYTH: Treatment is a cop-out for people who are too weak to cope with day-to-day life.	**FACT:** Seeking treatment is a smart choice that takes strength. Mood disorders are *not* flaws or weaknesses. Seeking treatment means a person has the courage to look for a way to feel better.
MYTH: Talk therapy is just whining about problems. It doesn't help.	**FACT:** Talk therapy has been tested clinically and found to be effective. In some cases it works as well as medication. Good talk therapy helps change behaviors that can make a person's moods less stable.
MYTH: Medications that treat mood disorders are habit-forming. They can change a person's personality. A person can't be "clean and sober" while taking medication.	**FACT:** When properly prescribed and used, medications are not addictive and do not change a person's true personality. Medications help a person's mood become more stable and even. They are not "happy pills" and should not be compared to street drugs. They do not cloud a person's judgment or give a false sense of courage.
MYTH: People with mood disorders can't get better.	**FACT:** When correctly diagnosed and treated, a person with depression or bipolar disorder can live a stable and healthy life. Millions of people already do.
MYTH: Symptoms of depression or bipolar disorder in young children or elderly adults are normal. They are just a part of growing up or growing old.	**FACT:** Severe mood changes in young children or older adults should be taken seriously. Recent studies have shown that children may be affected by mood disorders as young as infancy. Older adults are also at a high risk for depression. Younger and older people should be given complete physical examinations and treated according to their individual needs.
MYTH: People with bipolar disorder or depression are dangerous.	**FACT:** Research shows that people with mental illness do not commit significantly more violent acts than people in the general population. However, people with mental illness are twice as likely to be victims of violence.
MYTH: People with depression or bipolar disorder should not have children.	**FACT:** People who have been treated for mood disorders can parent as well as anyone else. They are also more likely to recognize symptoms, treat their children early and understand their children's struggles if their children have mood disorders.
MYTH: People with depression or bipolar disorder are not stable enough to hold positions of authority in fields like law enforcement or government.	**FACT:** People with mood disorders can and do hold positions of authority everywhere. When properly treated, a person's mood disorder does not have to affect job performance.
MYTH: Suicide is not a problem in the United States. Only a small number of people take their own lives.	**FACT:** Suicide is a significant problem that needs to be addressed. Suicides outnumber homicides in the U.S. They are the 11th leading cause of death; homicide ranks 15th. Each year, over 30,000 people in the U.S. take their own lives. More than 90% of these people are believed to have had a diagnosable mental disorder.

Depression and Bipolar Support Alliance • www.DBSAlliance.org

Please help us continue our education efforts.

Yes, I want to make a difference.
Enclosed is my gift of:

❑ $100 ❑ $50 ❑ $20 ❑ Other $_____

NAME

ADDRESS

CITY STATE ZIP

COUNTRY

E-MAIL

❑ Check (payable to DBSA) ❑ Money order
❑ VISA ❑ MasterCard ❑ Discover ❑ AmEx

ACCOUNT NUMBER EXPIRATION DATE

SIGNATURE

❑ I wish my gift to remain anonymous.
❑ Please send me _____ donation envelopes to share.
❑ Please send me information on including DBSA in my will.
❑ I have enclosed my company's matching gift form.

If you would like to make your gift a Memorial or Honorary Tribute, please complete the following:

❑ In Memory of/In Honor of (circle one)

NAME

❑ Please notify the following recipient of my gift:

RECIPIENT'S NAME

ADDRESS

CITY STATE ZIP

COUNTRY

Please send this form with payment to:
Depression and Bipolar Support Alliance
730 N. Franklin Street, Suite 501
Chicago, IL 60610-7224 USA

Questions?
Call (800) 826-3632 or (312) 642-0049

Fax credit card payments to
(312) 642-7243.

Make secure online donations at www.DBSAlliance.org.

DBSA is a not-for-profit 501(c)(3) Illinois corporation. All donations are tax deductible based on federal IRS regulations. Consult your tax advisor for details. All information is held in strict confidence and will never be shared with other organizations. Thank you for your gift!

4/07
MYTH
DVD

©2005 Depression and Bipolar Support Alliance
All rights reserved.
4/07
MYTH

DBSA does not endorse or recommend the use of any specific treatments or medications for mood disorders. For advice about specific treatments and/or mental health professionals, individuals should consult their physicians.

Depression and Bipolar Support Alliance
730 N. Franklin Street, Suite 501
Chicago, Illinois 60610-7224 USA
Phone: (800) 826-3632 or (312) 642-0049
Fax: (312) 642-7243

Download this brochure and find important information, breaking news, chapter connections, advocacy help and much more at **www.DBSAlliance.org.**

The Depression and Bipolar Support Alliance (DBSA) is the leading patient-directed national organization focusing on the most prevalent mental illnesses. The organization fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically-based tools and information written in language the general public can understand. DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments and discover a cure. The organization works to ensure that people living with mood disorders are treated equitably.

Assisted by a Scientific Advisory Board comprised of the leading researchers and clinicians in the field of mood disorders, DBSA has more than 1,000 peer-run support groups across the country. Over four million people request and receive information and assistance each year. DBSA's mission is to improve the lives of people living with mood disorders.

DBSA
We've been there.
We can help.

Depression and Bipolar Support Alliance

Myths and Facts about Depression and Bipolar Disorder

DBSA

Depression and Bipolar Support Alliance

We've been there.
We can help.