

There is more
to me than...

*My
Bipolar*



MENTAL HEALTH WEEK
May 5 - 11, 2025



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

*Helping People
Help Themselves*

Bipolar disorder, also known as manic-depressive illness, is a mental health condition that causes extreme mood changes. These mood swings can be intense and include periods of high energy and excitement as well as episodes of deep sadness and hopelessness.

For more information and to access our Mental Health Week Toolkit, please visit our website or scan the QR Code.



www.moodmb.ca