

2023 WORLD BIPOLAR DAY



Celebrating Vincent Van Gogh's Birthday **MARCH 30**

FAQ SHEET

When is World Bipolar Day?

World Bipolar Day 2020 is celebrated on Monday March 30th, the birthday of Vincent Van Gogh, who is widely believed to have suffered from bipolar disorder.

How can we celebrate?

Our core initiative is "Blow Bubbles for Bipolar", a fun and easy activity that can be used to celebrate the occasion with colleagues, friends, and family.

- Take photos of yourself blowing bubbles and tag on #BipolarBubbles challenge and #WorldBipolarDay
- Contact your friend or family member to share the blowing bubbles on Skype, WhatsApp video.
- Have an e-Party with your colleagues, be creative with your bubbles.

What else can I do to show support??

World Bipolar Day is just one day a year that helps raise awareness, but we also need your help spreading the message that **Recovery is Possible** all year round!

Why should we celebrate?

We encourage people living with bipolar to seek out help and for the community to support them. Working together to eliminate social stigma, will bring about our core goal of making recovery possible for all people with bipolar disorder.

Bipolar Australia aims to use World Bipolar Day to help bring the good news about recovery to people affected by the condition, and to educate the community about bipolar.

What is the significance of the bubbles?

We chose bubbles because people with bipolar who become manic are often described as behaving bubbly while watching the bubbles crash back down represents the depressive phase of the condition.

www.bipolaraustralia.org.au
