

What is Bipolar Disorder?

Bipolar disorder is a serious life long mental health condition which features pronounced mood swings. According to the Black Dog Institute, a leading research body based at Sydney's Prince of Wales Hospital, bipolar disorder is largely inherited through genetics, and can be triggered by factors including stress, pregnancy, and illicit drug use.

Typical treatment for bipolar includes medication prescribed by a psychiatrist, psychological therapies such as counselling, and education for families and friends. Bipolar can be well managed, and after treatment most people are generally able to participate in all aspects of community life.



What is World Bipolar Day?

World Bipolar Day is celebrated each year on March 30th, the birthday of Vincent Van Gogh, who is widely believed to have suffered from bipolar disorder. The event is coordinated by the International Bipolar Foundation on behalf of participating organisations across the globe.

In Australia, 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. We believe encouraging people to seek out help, and working to eliminate social stigma, will together bring about our core goal of making recovery possible for every Australian with bipolar disorder.

How can I help?

At Bipolar Australia, we believe that the treatments and tools are already available to make recovery possible for every person who has bipolar disorder. Your financial assistance helps us to bring the good news that bipolar can be diagnosed, treated, and managed to more of the 568,000 Australians affected by the condition than ever before.

Every tax deductible contribution allows us to support the recovery journey of another Australian, helping them to fully participate in our community, free from stigma and the risk of suicide. Please visit www.bipolaraustralia.org.au and donate today. Thank you for your generous support.



Bipolar Australia

Recovering together...

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