**Depression and Bipolar Disorder**

*“As with all mental illnesses – it is normal to experience some symptoms – however when it effects or changes the way you live – it may be classified as a disorder requiring medical diagnosis and treatment.”*

1. **Depression**
2. What is Depression?
3. List the signs of depression.
4. What effects does depression have individuals which can affect their daily lives?
5. Explain how “age and sex” impact depression.
6. **Bipolar Disorder**
7. What is Bipolar Disorder – noting the two extremes?
8. We already learned about depression however describe the behaviors associated with “Mania”.
9. What do these people experience between these two extremes?
10. What can be said about the frequency and type of Bipolar Disorder.

**Who Do They Affect?**

These illnesses can affect anyone – however there are some factors which may lead to it.

List these factors.

**What Can Be Done About It?**

Describe three types of treatments that have proven effective for people with this illness.