



# TeenMentalHealth Speaks... Bipolar Disorder (Volume 4)

*Dr. Stanley Kutcher M.D.*

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# TeenMentalHealth Speaks... Bipolar Disorder (Volume 4)

*Dr. Stanley Kutcher M.D.*

**TeenMentalHealth Speaks... Bipolar Disorder (Volume 4)** Dr. Stanley Kutcher M.D.

Provides an evidence-based introduction to Bipolar Disorder for teenagers. The magazine covers basic information about Bipolar Disorder, including the role of the brain, the difference between manic and depressive episodes, possible causes, and effective treatments. It also provides practical advice about the importance of a good support system, how to deal with stigma, strategies to improve your own mental health, and tips and techniques to help yourself or a friend with Bipolar Disorder.

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