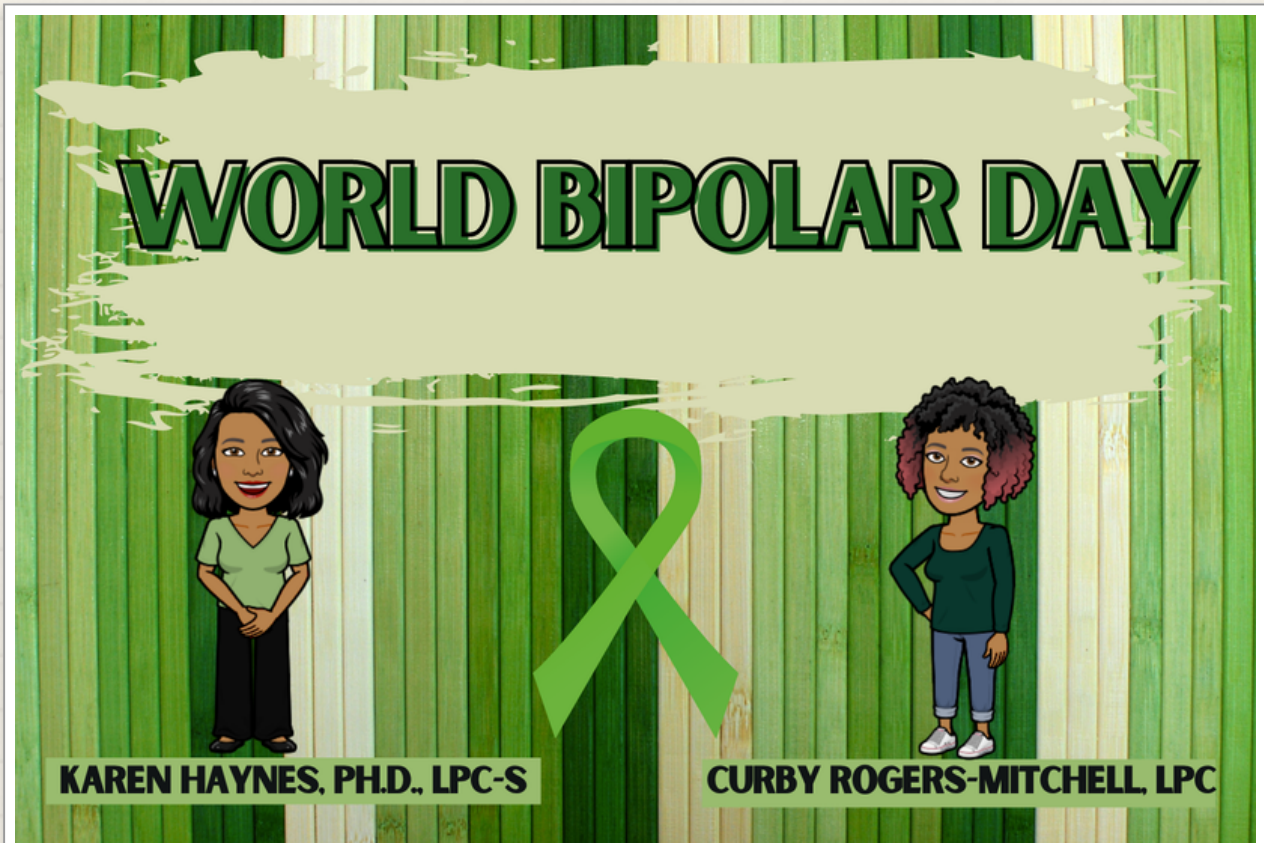


# Wellness Wednesday

MARCH 30, 2022



World Bipolar Day (WBD) brings worldwide awareness to Bipolar disorder and its subsequent conditions. In addition to awareness, the goal is to end the stigma associated with bipolar disorder.

World Bipolar Day educates and promotes the spread of information on bipolar disorder through international collaborative efforts annually on March 30th.

This year's theme is...

# #BipolarTogether



## WHAT IS BIPOLAR DISORDER?

Previously, Bipolar disorder was known as manic-depressive illness. This is a brain disorder that leads to intense shifts in an individual's mood, energy, and ability to function. This fluctuation of mood is very different than the highs and lows that we all normally experience. Untreated bipolar disorder can result in broken relationships, difficulty engaging in daily life, inability to maintain school or work, and even suicide.

Bipolar is treatable and people with this illness can lead very productive lives.

## Tell Me About Bipolar Disorder



## The Facts

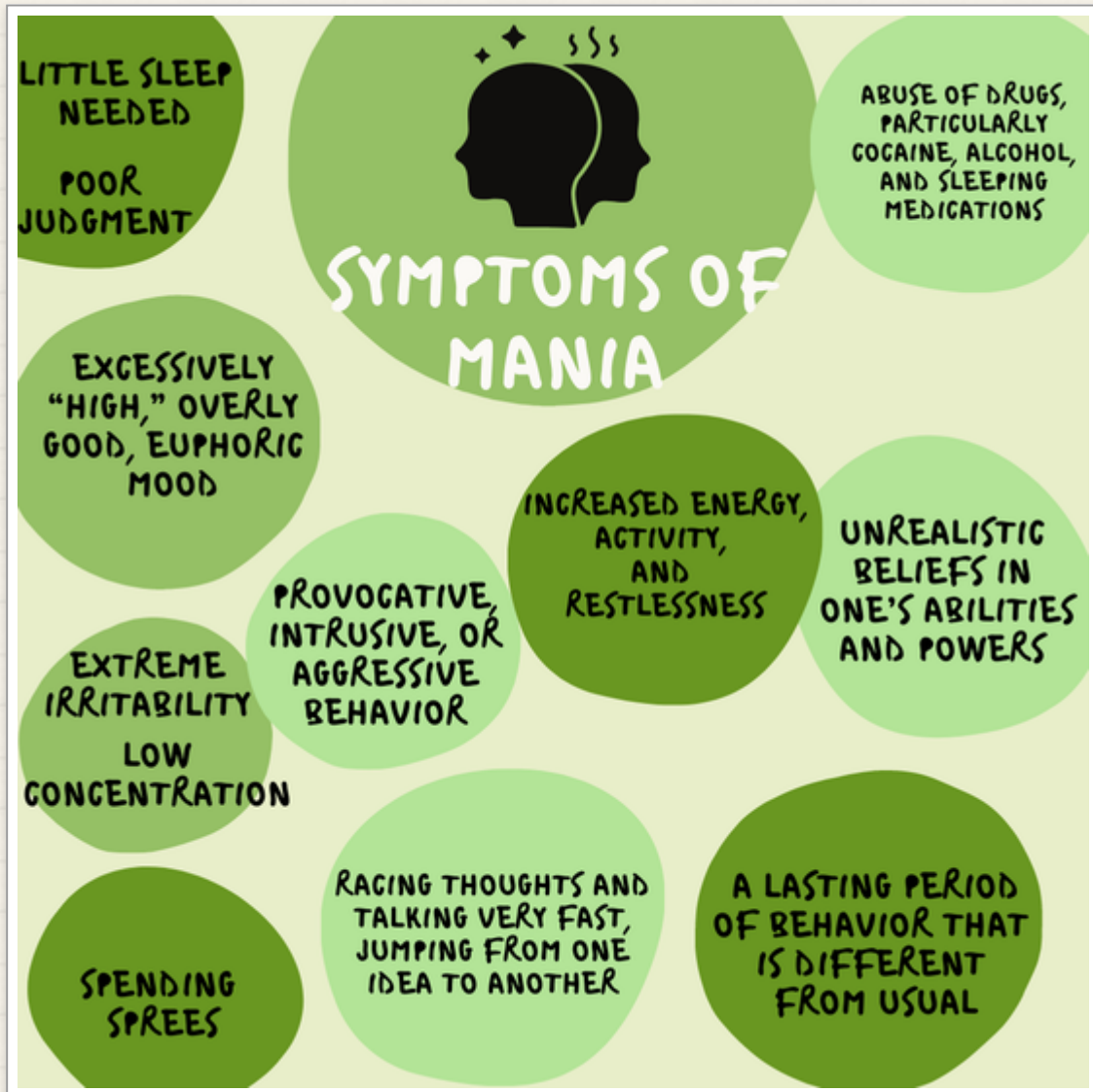
- 5.7 million American adults age 18 and older have bipolar disorder.
- Bipolar disorder typically develops on late adolescence or early adulthood.
- Bipolar disorder is a long-term illness that must be managed appropriately.
- Bipolar Disorder can be confused with other mental health diagnoses.
- Bipolar often is a co-occurring disorder, this means someone may also struggle with substance abuse simultaneously.



## SYMPTOMS OF BIPOLAR DISORDER

Bipolar Disorder causes intense mood swings. This means an individual may experience intense low moods, energy, hopelessness or be on a high that includes joy and excitement. The periods of highs are during a manic state.

Severe episodes of mania or the depressive states can include psychosis. A person diagnosed may have hallucinations or be out of touch with reality.



## Symptoms of Depression

- Poor appetite or eating too much
- Trouble sleeping or sleeping too much
- Nervousness and worry
- Loss of interest in and withdrawal from usual activities
- Feelings of sadness that don't go away
- Irritability or restlessness
- Lack of energy
- Feelings of sadness, worthlessness or guilt
- Inability to think or concentrate
- Repeated thoughts of death or suicide
- Chronic pain or other physical problems that don't respond to treatment
- Increased risk-taking behavior, including reckless driving or substance abuse

# TREATMENT OPTIONS

When an individual is struggling with Bipolar disorder, there are several treatment options. Treatment options may include, but are not limited to medication management, intensive outpatient therapy, residential treatment, outpatient therapy, and/or support groups.



# RESOURCES

For more information, see below:

[World Bipolar Day - International Bipolar Foundation \(ibpf.org\)](https://www.ibpf.org/)

<https://www.nimh.nih.gov/health/topics/bipolar-disorder>

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Bipolar-Disorder>



# EMPLOYEE ASSISTANCE PROGRAM

# Galena Park ISD Employee Assistance Program

## EMPLOYEE ASSISTANCE PROGRAM (EAP)



**ComPsych® GuidanceResources®**  
Contact Us... Anytime, Anywhere  
We can... confidentially address life's challenges

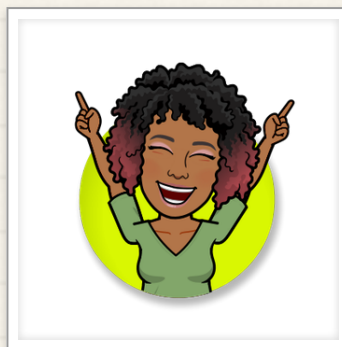
**Curby Rogers-Mitchell, LPC**  
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**COMPSYCH**  
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Our highly trained advisors will listen to your concerns and help you or your family members with life issues including family, depression, stress, grief, loss and life adjustments. Relationship and marital conflicts.
- Work Life Solutions**  
Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:  
- Finding child care  
- Finding doctors or home repair contractors  
- Planning events, holidays and more.
- Legal Guidance**  
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- Divorce, adoption, family law, wills, trusts and more.  
- Need a lawyer? Call our 24-hour consultation and 24/7 helpline at 800.272.7295.
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Our financial experts can assist with a wide range of issues. Ask us about:  
- Retirement planning tools  
- Insurance, mortgages, insurance  
- Budgeting, debt, bankruptcy and more.
- Online Support**  
GuidanceResources® Online is your 24/7 link to vital resources, tools and support. Log on for:  
- Articles, podcasts, videos, webinars  
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**ComPsych® GuidanceResources®**  
Comuníquese con nosotros  
Podemos dar ayuda o referencias para los desafíos de la vida

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**COMPSYCH**  
Su programa de ComPsych® GuidanceResources® ofrece una variedad de recursos para que usted y su familia puedan superar los desafíos de la vida, dondequiera que los necesite.

**24 horas, los 7 días de la semana**  
Comuníquese con su programa GuidanceResources® de ComPsych. Llame al 800.272.7295.

- Apoyo emocional confidencial**  
Nuestro equipo de consejeros capacitados en consejería y EAP escuchará y ayudará a sus familiares con problemas, como:  
- Problemas familiares, estrés  
- Duelo, pérdida y adaptación en la vida  
- Conflictos familiares o laborales.
- Recomendaciones para el trabajo y la vida personal**  
Nuestro personal puede proporcionar referencias, referencias y recursos para la familia o en el trabajo personal, como:  
- Respuesta de custodia para niños y padres  
- Cuidado de ancianos o familiares o enfermeros de alto nivel  
- Planes de emergencia, otros recursos de atención para miembros.
- Asesoramiento legal**  
Hable con nuestros abogados o con abogados de recursos prácticos que se especializan en temas legales, como:  
- Divorcio, adopción, leyes de sucesión, planes de sucesión  
- Necesitas un abogado? Llámalo en cualquier momento de 24 horas, una llamada al 800.272.7295.
- Recursos financieros**  
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- Seguros, hipotecas, seguros  
- Educación de prepagados, planes de jubilación y más.
- Apoyo en línea**  
GuidanceResources® Online es su acceso a información vital, herramientas y apoyo 24 horas al día, 7 días a la semana:  
- Artículos, podcasts, videos, webinars  
- Respuestas personalizadas de "Preguntas y respuestas".

EAP ENGLISH FLYER

CHECK THESE OUT!

EAP SPANISH FLYER



CLICK TO SUBMIT



## Chat with a PRO



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