

Welcome to World Bipolar Day: College Counselling Blog #12

'World Bipolar Day is celebrated each year on the 30th of March, the birthday of Vincent Van Gogh, who was diagnosed with bipolar after he died. The vision of World Bipolar Day is to encourage understanding about what bipolar is – and isn't – and to banish stigma from the face of the planet.'

Who has bipolar?

Bipolar affects people of all ages and from all backgrounds.

Like many mental health conditions, bipolar symptoms are usually first noticeable in teenagers and young adults. Research has found that almost 50% of people get symptoms before the age of 21.

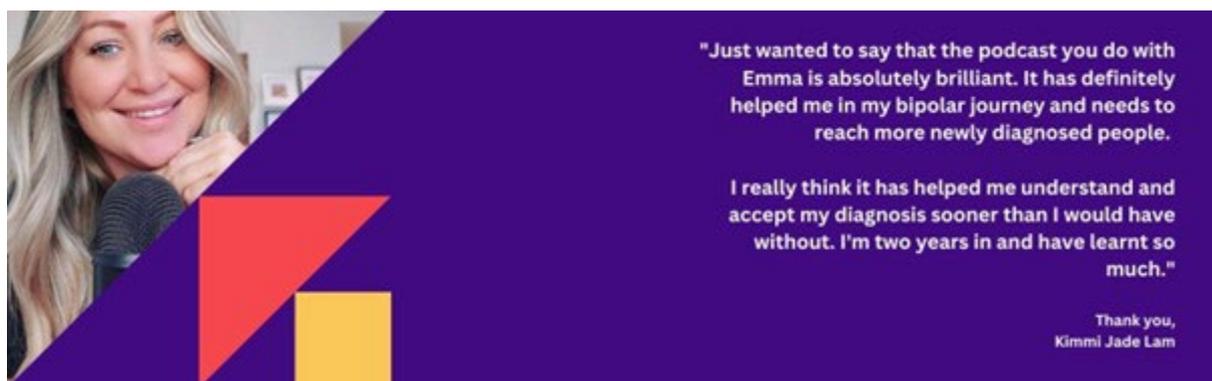
How many people have bipolar?

In the UK, over 1 million people have bipolar. That's roughly 30% more than the number of people who have dementia and twice the number of people who have schizophrenia.

Want to know more?

You can find lots more information on Bipolar at <https://www.bipolaruk.org>

Bipolar UK also has a series of podcasts:



<https://www.bipolaruk.org/lets-talk-bipolar-podcast-series>