

UNDERSTANDING CHANGES IN MY MOOD DUE TO BIPOLAR DISORDER

TODAY'S **COLOR** IS...

RED: I'M EXPERIENCING MODERATE MANIC SYMPTOMS

ORANGE: I'M EXPERIENCING MILD MANIC SYMPTOMS

YELLOW: I'M NOT EXPERIENCING MANIC OR DEPRESSIVE
EPISODE SYMPTOMS (BASELINE)

GREEN: I'M EXPERIENCING MILD DEPRESSIVE SYMPTOMS

BLUE: I'M EXPERIENCING MODERATE DEPRESSIVE SYMPTOMS

PURPLE: I'M EXPERIENCING A MIXED EPISODE

BLACK: I NEED MEDICAL ATTENTION. I'M EXPERIENCING
SEVERE MANIC OR DEPRESSIVE EPISODE SYMPTOMS

IF YOU ARE EXPERIENCING SUICIDAL
THOUGHTS, CALL THE NATIONAL
SUICIDE PREVENTION LIFELINE AT 1-
877-273-8255 OR REACH OUT TO THE
CRISIS TEXT LINE BY TEXTING 'START' TO
741-741

The
MIGHTY