



Le trouble bipolaire: Guide d'information (Guides d'information) (French Edition)

Clinique du trouble bipolaire de CAMH

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Les sautes d'humeur extrêmes d'une personne pourraient être les manifestations d'un trouble bipolaire (ou trouble maniaco-dépressif). Ces hauts et ces bas peuvent se produire sans rapport avec ce qui arrive dans la vie de la personne. De plus, les symptômes du trouble bipolaire se répercutent sur sa façon de penser, d'agir et de se comporter.

Ce guide présente :

- la définition du trouble bipolaire ;
- ses symptômes, évolution et causes ;
- les traitements offerts ;
- les phases de rétablissement à la suite d'un épisode de manie ou de dépression ;
- l'aide que peuvent apporter les conjoints et les membres de la famille.

Le guide a été récemment révisé. Il aidera les personnes ayant un trouble bipolaire, ainsi que leur famille et leurs amis, à composer avec les hauts et les bas, sur la voie du rétablissement.

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