

How to help yourself

How to help friends and relatives

Where to go for help

### Back Panel Heading

*This is a good place to briefly, but effectively, summarize your products or services. Sales copy is typically not included here.*

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Caption describing picture or graphic.



John-Jay-College

Primary Business  
Address  
Your Address Line 2  
Your Address Line 3

Phone: 555-555-5555  
Fax: 555-555-5555  
E-mail:  
someone@example.com



# What is Bipolar Disorder?



Your business tag line here.

Tel: 555 555 5555

**Bipolar Disorder is a brain disorder that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks.**

**What illnesses coexist with it?**

**What causes it?**

The most important information is included here on the inside panels. Use these panels to introduce your organization and describe specific products or services. This text should be brief and should entice the reader to want to know more about the product or service.

You can use secondary headings to organize your text to make it more scannable for the reader.

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**How is it treated?**

**Secondary Heading**

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**Secondary Heading**

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Caption describing picture or graphic.

**Symptoms of Bipolar Disorder**

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