



motivation, and can affect a person's appetite, sleep pattern, engagement in

ability to focus during lectures and studying, can impact attendance, and can create problems when coping with stressful situations. Depression is typically managed with psychotherapy, medication, and lifestyle management. For reference and further [Depression](#).

Bipolar Disorder

Bipolar disorder is a mental health condition that causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). When depressed, the disorder features feelings of sadness and hopelessness accompanied by loss of interest or pleasure in most activities. When the mood shifts to mania or hypomania (less extreme than mania), a person may feel euphoric, full

energy, activity, judgment, ability to attend classes, and the ability to think clearly. Bipolar disorder is typically managed with psychotherapy, medication, and lifestyle

information on [Bipolar Disorder](#).

Schizophrenia and Psychosis

These often more serious mental health disorders often surface for the first time during post-secondary years. Students may report symptoms of paranoia or feeling disconnected from themselves, which can result in impairments in their ability to function. Treatment will consist of psychiatric care and access to regular supports such as counselling. It would not be atypical to require a brief leave of absence from studies in order to receive proper medical care. For reference and further



Substance-Related and Addictive

