




How many
words can
you find?

R	E	L	A	T	I	O	N	S	C	O	U	R	H	S
E	M	H	E	A	R	T	W	L	E	A	R	N	A	U
F	P	L	K	R	E	C	O	G	N	I	Z	E	P	P
E	A	U	H	E	A	L	T	H	T	R	A	D	P	P
R	T	N	K	L	R	A	P	I	D	M	V	U	Y	O
Z	H	C	T	A	B	I	P	O	L	A	R	C	B	R
F	Y	H	Y	T	M	Y	T	H	I	N	E	A	M	T
R	F	T	H	E	L	P	G	A	S	I	S	T	I	C
I	A	R	E	S	A	D	B	K	T	C	T	I	N	A
E	M	O	A	L	O	N	E	L	E	B	O	O	D	E
N	I	U	L	I	V	I	N	G	N	U	R	N	S	G
D	L	O	S	T	H	O	P	E	S	N	E	P	A	R
R	Y	K	I	N	D	R	E	P	I	S	O	D	E	A
T	D	I	S	O	R	D	E	R	T	X	L	R	I	C
U	C	A	L	M	X	P	R	O	V	I	D	E	R	E



Did you
find all 33
words?

ALONE

BIPOLAR

CALM

DISORDER

EDUCATION

EMPATHY

EPISODE

FAMILY

FRIEND

GRACE

HAPPY

HEAL

HEART

HELP

KIND

LEARN

LISTEN

LIVING

LOST

LUNCH

MANIC

MINDS

MYTH

PEER

PROVIDER

RAPID

RECOGNIZE

REFER

RELATE

RELATIONS

RESTORE

SAD

SUPPORT



GTH: GATEWAY TO HOPE

Lunch & Learn: Bipolar Disorder

PRESENTED BY

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The Four Rs

RECOGNIZE a mental health problem

REFER to a mental health professional

RELATE to those in distress

RESTORE through supportive community



RECOGNIZE

a mental health problem

Common Types of Bipolar Disorder

- Bipolar 1
- Bipolar 2
- Cyclothymic

What is Bipolar Disorder?

- Bipolar Disorder, also known as manic depression, is a condition where an individual experiences both episodes of severe depression & mania or hypomania. These episodes are frequently cyclical or seasonal.

Bipolar I Disorder

- Primary type of Bipolar Disorder
- At least one major manic episode must be present
- Major depressive episodes may or may not be present

Bipolar II Disorder

- Primary type of Bipolar Disorder
- Major depressive episode must be present
- A pattern of hypomania episodes

(At least 3 symptoms.)

Cyclothymia

- Milder form of Bipolar Disorder
- Many episodes of hypomania
- Periods of depressive episodes

(Must be present for two year in adults, and one year in children and teenagers.)

Recognizing the Episodes

Manic Episode

- Going on a high dollar shopping spree
- Sleeping for 2 hours, but still having a lot of energy
- Feeling unusually important, talented, and powerful
- Talking very fast and hard to keep up with

Lasts at least 1 week

Hypomania Episodes

- Making risky financial investments
- Feeling abnormally upbeat
- Racing thoughts or flight of ideas
- Feeling “jumpy” or “wired”

Lasts at least 4 days

Major Depressive Episodes

- Trouble making decisions
- Unable to do even simple things
- Increased appetite and weight gain
- Feeling hopeless and thinking about death or suicide

Lasts at least 2 weeks

REFER

to a mental health professional



The Right Mental Health Provider

- Primary care doctor (General Practitioners)
- Counselors (LPC)
- Therapist (LMFT)
- Psychiatrist (MD, DO)
- Hospital & treatment facilities

Treatment Options

- Medication
- Psychotherapy
- Education
- Self-Management
- External Support



RELATE

to those in distress

Relating to Someone Living With Bipolar

Compassion & Understanding

Shift in language

Creating opportunities to learn more

Diagnosis, not who they are!

React Calmly & Rationally





RESTORE

through supportive
community

Restore

“We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed.”

2 Corinthians 4:8-9

Did you
know?



Gateway to Hope Trainings



Gateway to Hope Churches

- Empower Training
 - 2-hour program that will enhance your response to individuals with mental health issues
- Support Group Training
 - Teaches how to build and sustain a support group
 - Minds Transformed, Hearts Transformed, and Families Transformed
- Mental Health Coach Training
 - 42-hour program that will teach you how to offer help, hope, and encouragement to those that need guidance throughout their journey to mental health recovery and wellness

Gateway to Hope Schools

- Empower in Schools Training
 - 2-hour program will equip you with the techniques for identifying mental illness, developing safe and effective situational responses, and building a network to quickly connect adolescents in distress with professional care.
- Hope Group Training
 - Teaches how to build and sustain a support group
 - Group options for those that have experienced general trauma, sexual assault/rape, or combat exposure

Gateway to Hope Workplace

- Empower in the Workplace Training
 - Equips you with the techniques for identifying mental illness, developing safe and effective situational responses, and building a network to quickly connect those in distress with professional care
- Support Group Training
 - Teaches you how to build a sustain a support group in your workplace
- Mental Health Champion Training
 - Teaches how to offer help, hope, and encouragement to employees that need guidance throughout their journey to mental health recovery and wellness

Hope Line



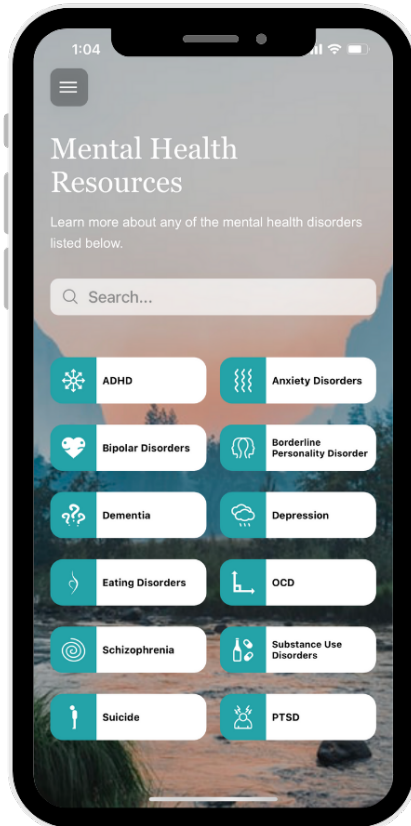
**Houston
Hope Line**
(832) 831-7337
Relief. Just a call away.

Open daily 5–8pm
*In case of emergency, please call 911.



Relief. Just a Call Away.

Mental Health Gateway App



Mental health resources

- PDFs
- Videos
- Guides and Workbooks

Easy access to trainings

Special features for Mental Health Coaches

- Forum
- Access to GTH Provider database

We're Here for You!

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GTH: GATEWAY TO HOPE

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