

CAUSES OF BIPOLAR DISORDER



Genetic predisposition:
Family history increases susceptibility.



Environmental factors:
Stressful life events or trauma.



Substance abuse:
Alcohol or drug misuse triggering episodes.



Neurochemical imbalances:
Fluctuations in neurotransmitters like serotonin and dopamine.



Seasonal changes:
Some individuals experience mood shifts with changing seasons.



Childhood trauma:
Adverse childhood experiences impacting mental health later in life.