

1. What is your email address?
abc@gmail.com
2. What is your phone number?
000-000-0000
3. What are some background information you would like to share?
I am an incoming junior at the University of Southern Mississippi. I am Ghanaian and majoring in Economics while following the prelaw track.
4. What mental disorder do you have?
I have bipolar type 2 and generalized anxiety disorder.
5. What are your symptoms?
For bipolar type 2, I experience impulsive buying and actions, as well as depressive and hypomanic stages that last for weeks. For anxiety disorder, I experience panic attacks, excessive worrying, and insomnia.
6. What challenges did it cause in school or work?
It did affect my school performance. Before treatment, I skipped classes and exams and did not show up for my part-time job.
7. What challenges did it cause to your relationships?
I wasn't able to show up for my friends. I mostly stayed in my room and avoided speaking to my family.
8. What other challenges did you experience?
It was difficult to be productive, concentrate, and get out of bed during depressive episodes.
9. Did stigma by yourself and others affect you in any way?
I always felt like I was crazy because of my disorder.
10. What was your diagnosis timeline?
I was diagnosed with generalized anxiety disorder in my first semester of college. I was diagnosed with depression for some time before they discovered it was bipolar disorder in the second semester of my sophomore year.
11. What has your journey been like dealing with your mental health issues?
It has been hard. One thing about bipolar disorder is that you don't know what is real or not. I don't know if my actions are because I am in a hypomanic state or if it is just me. Do I have a 'me'? Sometimes I wonder, why me? Only about 3% of people have bipolar

disorder, so why me? I have been dealing with the treatments on my own, and it has been a struggle. I did not even know what mental disorders meant before I had one.

12. What medications/ treatments are you on, and what are your experiences with them?

I take Aripiprazole and Lamotrigine for bipolar disorder. I take Trazodone for insomnia and Propranolol for panic attacks. They work effectively and are great.

13. What are the side effects you experience from the medications?

The only side effect I notice is headaches from taking trazodone.

14. What are some of your coping mechanisms?

I diligently adhere to my medication regimen, promptly informing my doctors of any notable shifts in my mood while conscientiously monitoring my emotional state.

15. What is your advice for others who are dealing with your mental disorder?

It is not your fault, and it can be managed.