

Fighting Bipolar Disorder with Abudo's Online Course for Patients, Caregivers and employers

Abudo launched its Bipolar Disorder course on basic mental health and education and disease management to help patients with this stigmatized mental illness.

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/EINPresswire.com/ -- In November 2017, [Abudo](#) launched its online course on Bipolar Disorder, providing easy and structured mental health and wellness education to patients, friends and family members. This engaging, easy to digest and necessary awareness provision through online video course is a guideline to take control of the episodic "Highs" of Bipolar mania and the "lows" of Bipolar depression. Abudo has successfully provided this accessible platform with the end goal to create awareness about the disorder, debunk misconceptions and stigma surrounding it while also helping patients manage it.



Abudo Cares

"With least attention paid to mental health illnesses, unfortunately, the 7.6 million people suffering from bipolar often don't have the answers to their questions" Abudo's CEO Tariq Khursheed says. He says "Abudo here is trying to answer questions related to Bipolar disorder to elevate the stigma related to it with authentic and well-researched content" and contends that this Bipolar Disorder is one of the best platforms to address the need to talk about the disease and its management.

With over 70k online health success education disseminators, Abudo's vision reflects gaining a competitive edge by providing 100% unbiased and impartial education about Bipolar Disorder. Abudo talks about this under estimated disease and focuses on necessary education to improve living standards. With the first phase absolutely free, Abudo offers subsidized subscriptions for interested individuals. This course on Diabetes Type I is online and available 24/7. Patients and relatives can simply sign up for this course and access it from their desktop or mobile any anywhere, at any time with absolutely no age, gender or accessibility restriction. In this [Bipolar Disorder course](#), Abudo offers additional advantages of having no ads of other products or service sponsors to see on the website, making Diabetes education entirely free of biases.

One of its kind, this course by Abudo also proves to be value adding by provision of guidelines and checklists to improve quality of life all while endeavoring to help patients and caregivers manage

stress, improve lifestyle and lead a healthy life. This course is a complete informative instruction manual as well as a certified Diabetes awareness disseminator which provides value for money by giving out all the benefits for just \$15.

About Abudo:

Abudo is an online health success platform providing easy, structured disease education to patients, friends & family members. It believes in passion for creating a better life, by offering a variety of courses including both, communicable as well as non-communicable diseases along with a course completion certification at the end of each course. Abudo offers value adding guidelines and checklists to improve quality of life all while endeavoring to help patients and caregivers manage stress, improve lifestyle and lead a healthy life.

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