

ABSTRACT

The Mental Health trend started by spreading widely on social media and the Internet. Easy access to information via the internet and social media provides a lot of information that is not always valid in terms of mental health that is not in accordance with the world of professional psychology, making it easy for teenagers to conclude that there are various kinds of mental health, such as bipolar disorder which is often discussed among generation Z. In this study, the authors collected data using qualitative methods based on data obtained through library research, interviews, observations and questionnaires. The author uses the educational media of interactive illustrated books as an educational medium that is expected to attract the attention of teenagers, so as to achieve the goal of being able to convey educational information well with the help of active books to increase adolescent awareness in recognizing Mental Health Bipolar Disorder, especially Bipolar type II.

Keywords: *Mental Health, Teenager, Bipolar Disorder.*