

Bipolar Disorder

SEE THE SIGNS

Bipolar can make your mood change dramatically – from feeling very depressed, to being over-active (also called mania).

The symptoms of depression can include:

- Feeling sad or irritable
- Lack of energy or interest in life
- Sleeping and eating less or more
- Low self-esteem
- Losing interest in sex
- Thoughts of self-harm or suicide

The symptoms of mania can include:

- Feeling energetic or restless
- Irritability
- Talking quickly
- Making impulsive decisions
- Being sexually promiscuous
- Being argumentative or aggressive

TREATMENT

You can be prescribed antidepressants or mood stabilisers. You might also benefit from cognitive behavioural therapy, or psycho-education to help you learn about managing the symptoms.

If you have any symptoms described on this page, it's a good idea to talk to your GP.

FACT

Bipolar disorder is more than just normal mood swings. It can cause extreme, often distressing, changes in mood.

Emma feels people don't see the real her

Bipolar disorder can be severe, affecting all aspects of life. Each mood can last a short time, or for weeks and months.

