



Bipolar Disorder

Bipolar Disorder involves both depressive periods and their opposite, which are known as elations or manic periods.



Symptoms

Depressive periods

- Feeling sad, anxious or bored
- Low energy, feeling tired or fatigued
- Under or over sleeping, or waking frequently during the night
- Poor concentration, thinking slowed down
- Loss of interest in hobbies, family or social life
- Low self esteem or feelings of guilt
- Aches and pains with no physical basis
- Loss if interest in living, thinking about death, suicidal thoughts

Elations or Mania

- Feeling elated, enthusiastic or excited
- Increased energy
- Reduced need for sleep.
- Racing thoughts and poor concentration
- Increased interest in pleasurable activities, such as new adventures, religion, music, art, alcohol or street drugs
- Excessive and unrealistic belief in ones ability
- Being unaware of the physical symptoms of illness
- Thinking that one can live forever, taking reckless physical risks

Psychotic Symptoms

The disorder can become psychotic, this means you are having hallucinations or delusions such as hearing voices or having visions. This most commonly occurs in the manic episodes but can happen during depressive episodes too. These kind of experiences can feel very real to you at the time, this can make it hard for you



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