



Bipolar Disorder



A person with bipolar disorder may experience feelings of extreme happiness and great sadness, also known as mood swings.

There are 2 phases where a person may experience these symptoms:

Depressive phase



- sadness
- hopelessness
- low self esteem
- lack of motivation
- feeling anxious
- irritable
- feelings of guilt
- suicidal thoughts
- slow movements
- slow speech
- lack of energy
- feeling tired,
- loss of appetite

Manic phase



- extreme happiness
- feeling full of energy
- increased feeling of importance
- not sleeping or eating
- being easily distracted

In both phases, but mainly the manic phase, it is possible to experience **delusions** or **hallucinations**, these are experiences of seeing something that does not exist.

Treatment



Bipolar disorder is an illness that comes back and normally needs to be treated with medication over a long period of time.

Medication for the 2 phases are used to treat the different symptoms.

Talking therapies can also be helpful.

