BIPOLAR DISORDER

IS A SERIOUS MENTAL ILLNESS

It causes:

SEVERE UP-AND-DOWN MOOD SWINGS

UP-AND-DOWN ENERGY LEVELS

UNPREDICTABLE, DANGEROUS BEHAVIOR

What is it like?

MANIA

- Lots of energy
- Over-confident
- Angry, irritable
- Takes risks
- Bad decisions
- Violent
- Less sleep
- Talking fast
- More active
- Overly happy or excited
- Racing thoughts

↑ MANIA ↑

MANIA ↑

↓ DEPRESSION

↓ DEPRESSION ↓

DEPRESSION ↓

DEPRESSION

- Sad, hopeless
- Thoughts of suicide
- Problems sleeping
- Withdraws from friends
- Quits hobbies
- Low self confidence
- Tired
- Focuses on bad things
- Worried
- Mixed-up thoughts
- Can't make decisions

WHEN TO SEE A DOCTOR

Call your doctor if you have symptoms.

Bipolar disorder takes time to diagnose. The sooner you get help, the better.

EMERGENCY? → Call **911** or go to the **ER** if you are:

⚠ **Thinking about hurting or killing yourself**

⚠ **Thinking about hurting others**

TREATMENT WORKS IF YOU STICK TO IT ✓

Don't stop treatment when you start feeling better.

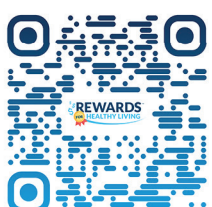The treatment *makes* you feel better.

MEDICINES

TALK THERAPY

HELP FOR SLEEP PROBLEMS

OTHER TREATMENTS

REGISTER TODAY!

Still need to sign up?
Go to **rewardsforhealthyliving.com** and follow the instructions.

Already registered? Log in now: **rewardsforhealthyliving.com**