

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?

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



- Sad, hopeless
- Thoughts of suicide
- Problems sleeping
- Withdraws from friends
- Quits hobbies
- Low self confidence
- DEPRESSION
- 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 ✓



MEDICINES



TALK THERAPY

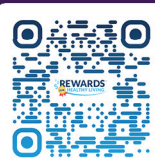


HELP FOR SLEEP PROBLEMS



OTHER TREATMENTS

Don't stop treatment when you start feeling better. The treatment *makes* you feel better.



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