

## Common Symptoms:

Symptoms of Bipolar Disorder include:

- Periods or 'episodes' of depression where the sufferer feels very low, down and lethargic.
- These periods of depression are likely to include feelings of low self worth, hopelessness and may in some cases lead to thoughts of suicide.
- Periods or 'episodes' of mania where the sufferer feels very high, overactive and energetic.
- During these manic periods a person may feel very energetic and have ambitious plans. This can lead to erratic behaviour like overspending.
- Some sufferers may experience hallucinations and paranoia or hear voices.

## Available help:

**If you feel you are in danger of hurting yourself or are contemplating suicide please dial 999 and ask for help. Or call the Samaritans free on 116123**

Often the depression phase of Bipolar disorder is identified first, with some patients being given an initial diagnosis of depression before having a manic episode after. If you are worried first talk to your GP. They can advise the right course of treatment, it may include:

- Medications including anti-depressants or antipsychotics (for hallucinations, paranoia etc)
- Talking therapies and counselling.
- In some cases where nothing else works, electro-convulsive therapy can be used by passing a current over the brain under general anaesthetic to calm symptoms.

Visit: <https://www.bipolaruk.org/> for various helpful resources and advice.

## Dare to Talk: Our advice

- Bipolar disorder can feel like a big diagnosis, try to join support groups and talk to other sufferers. Either ask your GP or visit websites like [www.bipolar.org.uk](http://www.bipolar.org.uk).
- Bipolar disorder is often misunderstood. It is often treatable when dealt with early. If you are in any doubt, try to be brave and talk to someone.

