

**What is Bipolar Disorder?**

Bipolar Disorder is a problem that affects your mood; you may experience manic or hypomanic episodes, depressive episodes, or potentially some psychotic symptoms. You may switch between these emotions rapidly and without any reasoning.

**Manic episode:**

* Happy, euphoric, uncontrollably excited
* Irritated and agitated, easily distracted
* Very confident and adventurous
* Talking a lot and being friendly, out of character actions
* Sleeping very little, may be rude and aggressive
* Misusing drugs or alcohol, taking serious risks with safety
* Spending money unusually

**Depressive episode:**

* May feel unhappy or ashamed of your manic episode
* Down, upset, tearful
* Tired, Sluggish, unable to enjoy things you usually do
* Low self-esteem, feeling guilty, hopeless and agitated
* Having trouble sleeping, eating too much or too little
* Misusing drugs or alcohol, being withdrawn or avoiding people
* Being Physically less active, self-harming or attempting

**Treatment and Self care**

Bi-Polar disorder is different for every person, and different treatments can be used to help combat the condition, treatment should help you maintain stable moods and manage your symptoms; therapy and medication are popular treatments.

Cognitive behavioural therapy, interpersonal therapy and behavioural couples therapy are different types of therapies for bipolar disorder depending on your situation

* These can help you to understand and make sense of your condition, and reflect on its impact
* Identify early warning signs and symptoms
* Develop strategies to cope with early symptoms
* Make crisis plans, and set goals for staying well

**Self-care**: monitor your mood, understand your triggers and learn your warning signs, this will allow you to take action to minimise the impact when episodes come on. Looking after your physical health is also important to keeping your mood stable.

**Help and Hotlines**

* Mind: 0300 123 3393, provide counselling and information around mental illness
* Bipolar UK: 0333 323 3880
* Samaritans: 116 123, 24hr emotional support
* Your GP
* Your Line Manager/ HR/ Colleague/ friend are also available to support