



Personal Development

Guide

Bipolar Disorder

Facts

Bipolar disorder is a mental health condition where a person has extreme changes of mood. Once diagnosed this can be managed by medicines, however these can cause side effects.

High moods (mania or hypomania) symptoms:

- Feeling very happy or excited
- Speaking fast or talking a lot
- Having lots of energy, feeling restless or not needing much sleep
- Feeling overly confident or adventurous
- Being impulsive
- Hearing things that are not real (hallucinations)
- Feeling paranoid

Low moods (depression) symptoms:

- Feeling sad or upset
- Low energy or feeling very tired
- Difficulty sleeping or sleeping a lot
- Low confidence
- Avoiding spending time with people

These moods usually last for a few days or weeks at a time. It is common for a person with bipolar disorder to have times where their mood is stable and they do not have any of the above symptoms. This can last for weeks, months or even years.

For more information and advice, visit - <https://www.nhs.uk/mental-health/conditions/bipolar-disorder/>

Support Available

Local GP

NHS 111

Young Minds - <https://www.youngminds.org.uk/young-person/mental-health-conditions/bipolar-disorder/>

Bipolar UK - <https://www.bipolaruk.org/>

Samaritans - 116 123