

Bipolar Disorder

Easy read information



What is bipolar disorder?

Bipolar is a mood disorder that causes changes in your mood.



Sometimes you can feel very happy and 'up'. You can be more active than usual.

This is called mania.



Sometimes you can feel very sad and 'down'. You can be much less active.

This is called depression.



Your mood can move in cycles. You may feel manic or depressed for a period of one to two weeks and sometimes longer.

Signs of mania



You may have lots of energy and feel restless.



You may feel very happy.



You may feel angry.



You may talk very fast.



You may find it hard to think clearly.



You may find it hard to sleep.

Signs of depression



You may feel sad or low.



You may feel worried.



You may feel tired.



You may feel less hungry
or more hungry.



You may find it hard to think
clearly.



You may sleep more or find it
hard to sleep.



You may want to hurt
yourself.

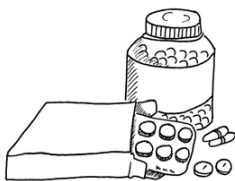
How can I feel better?



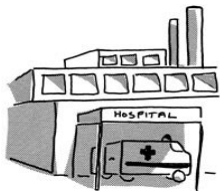
People with bipolar disorder can get better.



You can talk to someone about your problems. This is called counselling.



There are also different tablets that you can take to help you with some of the problems you may have.



If you are feeling very unwell and are worried that you might hurt yourself, you may need to go into hospital for a while.

With thanks to the South West London and St George's
Mental Health NHS Trust for developing and sharing this leaflet.

Images courtesy of CHANGE Picture Bank.

Patient Advice and Liaison Service (PALS)

NSFT PALS provides confidential advice, information and support, helping you to answer any questions you have about our services or about any health matters.



If you would like this leaflet in large print, audio, Braille, alternative format or a different language, please contact PALS and we will do our best to help.

Email: PALS@nsft.nhs.uk
or call PALS Freephone: 0800 279 7257

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