



BIPOLAR DISORDER



WHAT IS BIPOLAR DISORDER?

Bipolar Disorder involves episodes of extreme mood shifts that range from extreme highs to extreme lows. There are generally three types of episodes that can occur in bipolar disorder: manic phase (extreme high), hypomanic phase (less extreme high) and depressive phase (extreme low). These extremes in mood can make it difficult for individuals to manage everyday tasks such as work, school and maintaining relationships.

SYMPTOMS OF BIPOLAR DISORDER

Manic episodes: Emotional high, euphoric, impulsive, excited, full of energy, high levels of creativity, unrealistic ideas/plans, easily distracted

Impulsive behaviours such as: spending sprees, unprotected sex, drug use, risky/dangerous behaviours

Depressive episodes: Hopelessness, sadness, loss of energy, lack of interest in activities once enjoyed, sleeping problems, suicidal thoughts

TYPES OF BIPOLAR DISORDER

BIPOLAR I

Involves at least one manic episode. Individuals may also experience hypomanic and depressive phases.

BIPOLAR II

Involves at least one hypomanic and one depressive phase, with no manic phase.

CYCLOTHYMIA

Involves at least one hypomanic and one depressive phase, with no manic phases. This type of Bipolar disorder is milder and less intense than Bipolar I and II.

CAUSES OF BIPOLAR DISORDERS

The causes of Bipolar Disorder are not fully understood; however, it is likely to be due to a combination of a various factors.

GENETICS

Genetics are likely to have a contribution to developing the disorder. Additionally, any abnormalities in the structure or functioning in your brain may also increase your risk.

ENVIRONMENTAL FACTORS

Environmental factors such as extreme stressors and traumatic experiences are also likely to play a role.

GETTING HELP



Seek professional help

If symptoms of bipolar disorder are impacting your ability to function throughout the day it is important to speak to a healthcare professional



Lifestyle changes

Learn to recognise mood swings and keep note of them, getting support from friends and family, keeping a stable routine for daily activities



Psychotherapy

Psychotherapy, also known as talk therapy, can help you change your perspective and improve your coping skills. It can help individuals understand their behaviours and thinking patterns, and alter them in a positive way.

Education and counselling can help the person reduce stress, resolve conflicts, manage their life more effectively and develop new ways of thinking about themselves and the world.



Medications

A number of medications are used to treat Bipolar Disorder. The types and doses depend on the particular symptoms and severity. These medications include mood stabilisers, antipsychotics, antidepressants, anti-anxiety medications, or a combination.



BIPOLAR CARERS' SUPPORT GROUP

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TREATMENTS

Supported by:



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