



Bipolar Disorder

Bipolar disorder, also known as manic depressive illness, is a serious medical illness that causes shifts in a person's mood, energy and ability to function.

Symptoms

- Dramatic mood swings from mania to depression
- Signs of a manic episode include increased energy, euphoric mood, extreme irritability, poor judgment, denial, and drug and alcohol abuse.
- Signs of a depressive episode include feelings of emptiness or hopelessness, loss of interest in formerly pleasurable activities, difficulty concentrating, and change in sleep patterns or eating habits.
- Alcohol and drug abuse are very common among people with bipolar disorder

Statistics

- More than 2 million American adults have bipolar disorder.
- Bipolar disorder usually develops in late adolescence or early adulthood.

Tips

- If you have bipolar disorder or feel that you may, try keeping a journal of your moods and symptoms. This can help a mental health professional track the illness and also to provide stability in your everyday life.
- Many people with bipolar disorder also benefit from joining a support group where individuals can meet with and confide in others with the disease.

ADAMH is your community safety net. If you or someone you love needs help call 276-CARE, the front door to the ADAMH system of care.