

Bipolar Disorder

Bipolar disorder is a mental health condition that affects your moods, which can swing from one extreme to another. It used to be known as manic depression. Unlike simple mood swings, each extreme episode of bipolar disorder can last for several weeks (or even longer).

People with bipolar disorder have episodes of depression (feeling very low and lethargic) and mania (feeling very high and overactive). During episodes of mania and depression, someone with bipolar disorder may experience strange sensations, such as seeing, hearing or smelling things that are not there (hallucinations). They may also believe things that seem irrational to other people (delusions). These types of symptoms are known as psychosis or a psychotic episode.

After the episode is over, they may be shocked at their behaviour. However, at the time, they may believe other people are being negative or unhelpful.

The extreme nature of the condition means staying in a job may be difficult and relationships may become strained. There is also an increased risk of suicide.

Resources:

Bipolar Disorder: Common Warning Signs

Bipolar Disorder: My Warning Signs

Bipolar Disorder: Mood Log

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<https://www.mind.org.uk/information-support/types-of-mental-health-problems/bipolar-disorder/about-bipolar-disorder/>

Living with Bipolar Disorder

<https://www.helpguide.org/articles/bipolar-disorder/living-with-bipolar-disorder.htm>