

Bipolar Disorder (Manic Depression)

What is Bipolar Disorder?

This is when a person changes how they feel a lot. They may feel really good. Then, they will feel really bad. It's also called manic-depression.

Symptoms of Bipolar Disorder

The manic phase

This is when the person feels very happy.

- A really good mood
- Making bad choices
- Not paying attention
- Not sleeping
- A hard time focusing
- A lot of anger or fear

This can last a long time. But it goes very fast. Then, the person may have a normal mood. Then, the person will start to feel very sad.

The depressive phase

This can happen right away or in a few months.

- Feeling really bad
- Feeling sad
- A bad mood
- Staying away from friends or work
- Forgetting things
- Thinking about dying
- Being very tired
- Sleeping more or less than normal

Treatment

Medicine and seeing a doctor may help treat this.

Free Screenings

To find out if you might have this, call (414) 276-3122.

Mental Health America of Wisconsin is a United Way of Greater Milwaukee Agency.



www.mhawisconsin.org