

**TREATMENT OPTIONS**



**MEDICATION**

is the main treatment to treat acute episodes and prevent relapses



**PSYCHOLOGICAL THERAPY**

helps patients who are more stable to recognise symptoms and better manage their condition.

# UNDERSTANDING BIPOLAR DISORDER

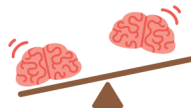
What you need to know about this serious and often-misunderstood condition.

**WHAT IS IT?**

Bipolar disorder is a **mood disorder**. The term 'bipolar' means that there are two extremes of mood:



**WHAT CAUSES IT?**



It is believed that **imbalances in certain neurotransmitters** (chemicals in the brain that control mood, perception and judgement) result in bipolar disorder.



People who have **stressful life events** and **certain personality traits** might be more inclined to developing the disorder.

**SYMPTOMS**  
A SUFFERER MAY:



Feel persistently sad, hopeless, lethargic and even suicidal.



Become overly elated and energetic and irritable.



Have racing thoughts, talks very quickly and makes many grand plans.



Believe that he has supernatural powers or a special mission, and engage in potentially dangerous behaviour.

**WHERE TO SEEK HELP?**



Avoid self-diagnosis and **APPROACH A DOCTOR** for the first assessment.



If further specialised care is required, seek a referral to a **HOSPITAL** of your choice.

**HOW CAN FAMILY AND FRIENDS HELP?**



**FIND OUT MORE** about the disorder and learn to recognise how the sufferer behaves when unwell.



**HELP** manage their stress levels and avoid confrontations.



**FIND OUT FROM** the care team what to do when symptoms recur and where to turn to for help.