

Bipolar I

Understanding mania and mood episodes

Bipolar I involves a manic episode. Depression may also occur. Diagnosis needs specialist assessment.

What it can look like

Mania

Life can be seriously disrupted. Hospital care may be needed.

Other mood episodes

Depression or hypomania may occur, with settled periods too.

How you might feel

You may feel unusually driven, irritable or overwhelmed.

What may help

- Ask your GP or mental health team about symptoms.
- Care may include medicines, talking therapy and regular sleep routines.
- Loved ones can listen and help agree an early-warning plan.

You are more than a diagnosis. Support can help.

Seek urgent help from your crisis team or GP. Cannot keep someone safe? Call 999 or go to A&E.

NHS | Bipolar disorder

APA | Understanding bipolar disorders

Talk. Be Heard. Reflect.

Room2 Counselling | Information handout | Edition 1

General information, not a diagnosis or individual treatment advice.