

Bipolar II

Understanding hypomania and depression

Bipolar II involves hypomania and major depression, without mania. Diagnosis needs specialist assessment.

What it can look like

Hypomania

More energy, less need for sleep or faster thoughts may occur.

Depression

Low mood and loss of interest can seriously affect daily life.

How you might feel

Hypomania may feel good and can be easy to overlook.

What may help

- Tell your GP or team about both high and low periods.
- Care may include medicines, talking therapy and regular sleep routines.
- Loved ones can listen and help track changes without blame.

Your experience deserves care and understanding.

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

NHS | Bipolar disorder

NIMH | Bipolar disorder explained

Talk. Be Heard. Reflect.

Room2 Counselling | Information handout | Edition 1

General information, not a diagnosis or individual treatment advice.