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अगर आप यह जानकारी अलग भाषा या स्वरूप में चाहते हैं तो कृपया संपर्क करें communications@derbyshcft.nhs.uk

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ہی وک پآ رگا communications@derbyshcft.nhs.uk ارب وت وہ بولطم میم عضو ای نابز فلتنخ میسک تامول عمل
سیرک مطبار ینابرم

Mental health and learning disabilities

Bipolar Affective Disorder

Pictures used from Change Picture Bank and Somerset Symbols Project

Leaflet produced and issued by Leicestershire Partnership NHS Trust

What is Bipolar Affective Disorder?

It is a type of mental illness. It is also known as **Manic Depressive Illness**.

A person suffering from this illness will have periods of **Mania and Depression**.



What can happen in Mania?

Feeling high in mood without any reason

Being irritable or overfriendly

Hear people talking when nobody is around

Seeing things which are not really there

Develop false beliefs

Behaving in an odd manner

Having a lot of thoughts at the same time

Talking too much and too fast

Sleeping less than usual

Increased interest in sex

Feeling restless



What can happen in the depressive period?

Feeling low

Less interested in activities

Feeling tired all the time

Eating too little or too much

Losing weight

Difficulty in sleeping

Waking up too early in the morning

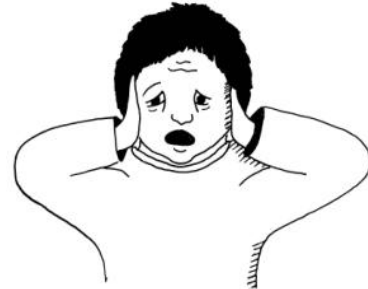
Crying without any reason

Feeling restless

Feeling irritable

Feeling guilty without any reason

Feeling that life is not worth living



What causes Bipolar Affective Disorder?

There are several causes of Bipolar Affective Disorder.

If you want to know more about it, you can speak to your Psychiatrist or Community Nurse.



What can help in the treatment of Bipolar Affective Disorder?

Medication can help - they are called mood stabilisers.

Antipsychotics and antidepressant medication are also used.

Talking therapy can help

Keeping a Mood Diary

Taking medication regularly

Avoiding getting stressed

Learning to relax

Doing some exercises

Doing activities that you like.

Talking to your doctor, carer or nurse if you have any worries.



Help & Support

Your doctor:

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Telephone Number:

.....

Your Psychiatrist:

.....

Telephone Number:

.....

Your Community Nurse:

Telephone Number:

Other professionals involved: