

Helping you understand  
about

BI-POLAR  
DISORDER  
(Manic Depression)





## THINGS YOU MIGHT FEEL



### CAN'T REMEMBER THINGS

You forget to do things that you usually do and can't be bothered to do it



### RELATIONSHIP PROBLEMS

Others find it difficult to get on with you because they do not understand your moods



### CHANGE IN APPETITE

Not feeling hungry or eating too much



### FEELING ANGRY

Feel like everything is wrong - nothing good is happening and getting cross about it and being in a bad mood



## THINGS YOU MIGHT FEEL



### **WITHDRAWN**

**You may not want to see or talk to anybody**



### **CRYING**

**Feeling sad, bursting into tears**



### **APPEARANCE**

**You may change the way you look and dress by the way you feel**



### **SLEEP**

**You may sleep too much or too little**



## THINGS YOU MIGHT FEEL



### **BEING TOO FRIENDLY**

**You may be too friendly to people and they might not like it**

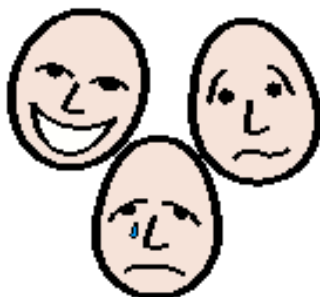
### **TOO AFFECTIONATE**

**You may do things you don't normally do, like talk to / touch people you don't know or offer affection to people you don't know well**



### **WHAT YOU ARE THINKING**

**You may have too many thoughts in your head all at once**



### **FAST MOOD SWINGS**

**You may feel very happy or very sad - these feelings can change very quickly**