



# Bipolar Affective Disorder

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*Easy Read*



## **What is Bipolar Affective Disorder?**

It is a type of mental illness.

A person suffering from this illness will have periods of mania and depression.

## **What can happen?**

Feeling high in mood without any reason.

Hear people talking when nobody is around.

Seeing things that are not really there.

Developing false beliefs.

Having a lot of thoughts at the same time.

Talking too much or too fast.

Behaving in an odd manner.

Being irritable or over friendly.

Sleeping less than usual.

Feeling restless.

Increased interest in sex.





## **What can happen in the depressive period?**

Feeling low.

Less interested in activities.

Eating too little or too much.

Losing weight.

Feeling tired all the time.

Waking up too early in the morning.

Difficulty in sleeping.

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 medications are also used.

Talking therapy can help.

Keeping a mood diary.

Taking medication regularly.

Avoid getting stressed.

Learning to relax.

Doing activities or exercises that you like.





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



**Your Doctor:**

**Telephone number:**

**Your Psychiatrist:**

**Telephone number:**

**Your Community Nurse:**

**Telephone number:**



**Other professionals involved:**

**Other resources:**

**[www.patient.co.uk](http://www.patient.co.uk)**

**The Bipolar Organisation -  
[mdf@mdf.org.uk](mailto:mdf@mdf.org.uk)**



# A Picture of **HEALTH**

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