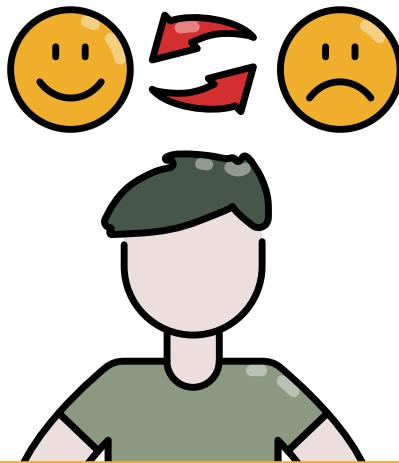




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YOUTH & BIPOLAR DISORDER

Bipolar disorder is characterized by extreme changes in an individual's mood, energy, thinking, and behavior. There are two parts to this disorder: episodes of mania and episodes of depression.

Manic Episodes

- Unrealistic highs in self esteem
- A great increase in energy
- Decreased need for sleep
- Increase in talking
- Distractibility
- Thinking more quickly
- Repeated high-risk-taking behavior

Depressive Episodes

- Decreased enjoyment in favorite activities
- Low energy level or fatigue
- Major changes in sleeping patterns
- Poor concentration
- Complaints of boredom
- Major changes in eating habits
- Frequent complaints of physical illnesses
- Suicidal ideation

Treatment

- **Education** of the patient and family about the illness
- **Mood-stabilizing medication**
- **Psychotherapy** (helps the child understand themselves, adapt to stresses, rebuild self-esteem, and improve relationships)

