**Bipolar Disorder**

**Signs of Mania**

- "I can do anything!" ❌ OVER CONFIDENT
- "I don’t need sleep!" ❌ DECREASED NEED FOR SLEEP
- RACING THOUGHTS JUMPING FROM ONE IDEA TO ANOTHER
- BEING SUPER TALKATIVE
  
- impulses & HIGH-RISK BEHAVIORS such as speeding, using drugs, having unprotected sex, making bad investments.

**Signs of Depression**

- HEADACHES
- CONFUSED INDECISIVE
- SAD
- TIRED
- TEARFUL
- UNHAPPY

- LOSE INTEREST IN THINGS YOU USED TO LIKE TO LIKE

- ISOLATION & WITHDRAWAL
  
- SLEEP PROBLEMS too much / too little

- EATING CHANGES too much / too little

- SUBSTANCE ABUSE

- SELF-HARM SUICIDAL THOUGHTS, FEELINGS AND OR TALK

- FEELING FULL OF ENERGY TO DO THINGS BUT OFTEN NOT ACCOMPLISHING GOALS