

BIPOLAR DISORDER TYPE 1

Bipolar Disorder Type 1 is a manic episode that can last up to 7 days, and for either part or most of the day. The symptoms the person experiences can be so severe the person could need medical attention. Depressive episodes can also occur for 2 weeks at the same time as a manic episode.

Symptoms:

Mania

Upbeat, jumpy or wired, Increased activity, energy or agitation, dramatic sense of well-being and self-confidence, no need for sleep, unusual talkativeness, racing thoughts, distractibility, poor decision-making.

Depression

feeling sad, empty, hopeless or tearful, loss of interest or feeling no pleasure in all (or almost all) activities, weight loss when not dieting, weight gain, or decrease or increase in appetite, Either insomnia or sleeping too much, Either restlessness or slowed behavior, Fatigue or loss of energy, Feelings of worthlessness or inappropriate guilt, Decreased ability to think or concentrate, or indecisiveness, Thinking about, planning or attempting suicide

MEDICATIONS:

Mood stabilizers, Antipsychotics, Antidepressant

TREATMENTS

COGNITIVE BEHAVIOURAL THERAPY,

a common type of talk therapy (one on one with a therapist)

PSYCHOEDUCATION:

PROVIDING EDUCATION AND INFORMATION TO THOSE EXPERINCING THE MENTAL HEALTH PROBLEMS

FAMILY FOCUSED THERAPY:

AN INTERVENTION FOR ADULTS AND CAREGIVERS WHO HAVE FAMILY MEMBERS WITH BIPOLAR DISORDER.

INTERPERSONAL AND SOCIAL RHYTHM THERAPY:

THIS THERAPY FOCUSES ON DAILY RHYTHMS: SLEEPING, WALKING, MEALTIMES. IT'S ROUTINE THAT ALLOWS FOR BETTER MOOD MANAGEMENT AND BETTER BENEFITS THOSE WITH BIPOLAR DISORDER.