

Bipolar Disorder in Teens and Young Adults: Know the Signs

Bipolar disorder is a mental illness that causes unusual and extreme shifts in mood, marked by episodes of mania and depression. During these episodes, symptoms last for days or weeks at a time.



Common signs & symptoms of mania

- Showing intense happiness or silliness
- Having a very short temper or seeming extremely irritable
- Talking very fast or having racing thoughts
- Having an inflated sense of ability, knowledge, and power
- Doing reckless things that show poor judgment



Common signs & symptoms of depression

- Feeling very sad or hopeless
- Feeling lonely or isolating from others
- Eating too much or too little
- Having little energy and no interest in usual activities
- Sleeping too much

If you or someone you know is struggling or having thoughts of suicide, help is available.

For crisis counseling and support,
call or text **988**

(988 Suicide & Crisis Lifeline).

In life-threatening situations,
call 911.



NIH National Institute
of Mental Health

www.nimh.nih.gov/bipolardisorder

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