

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**.

Bipolar Disorder Understanding Symptoms

**Andreas Reif,Dina Popovic,Janusz K.
Rybakowski**



Bipolar Disorder Understanding Symptoms:

Bipolar Disorder Anthony Wilkenson, 2014-12-18 You are about to discover proven steps and strategies on how to properly support and care for a loved one with bipolar disorder More often than not people whose loved one has been diagnosed with bipolar disorder wonder what to expect and how they should show their love and support the best way they can It can be very difficult for those who are diagnosed with bipolar to accept their condition In the same way it can also be overwhelming and at the same time frightening for the family and friends of people with bipolar disorder especially if they do not know the appropriate ways of supporting and dealing with the condition Bipolar disorder which is also known as manic depression is a type of mental or psychiatric disorder that is marked by extreme mood swings Although there have been continuous research and studies on the condition its ultimate cause remains unknown On the other hand some of the presumed contributors to bipolar disorder include brain chemistry genetics and life events All people experience various events in their daily lives However people who are suffering due to bipolar disorder experience more persistent episodes of life's ups and downs that affect their ability to function as an individual Bipolar disorder can affect one's thoughts moods and behavior In recent studies mental health experts estimate that over 2 million adults are afflicted with bipolar disorder Thus if you or a loved one has been diagnosed with this condition the most important step to discard uncertainty is education Educating yourself about bipolar can help you deal with a loved one who has been afflicted with this unfortunate condition

The Oxford Handbook of Mood Disorders Robert J. DeRubeis, Daniel R. Strunk, 2017 The most comprehensive volume of its kind The Oxford Handbook of Mood Disorders provides detailed coverage of the characterization understanding and treatment of mood disorders Chapters are written by the world's leading experts in their respective areas The Handbook provides coverage of unipolar depression bipolar disorder and variants of these disorders Current approaches to classifying the mood disorders are reviewed and contemporary controversies are placed in historical context Chapter authors offer a variety of approaches to understanding the heterogeneity of the experiences of those who meet criteria for mood disorders both within and across cultures The role of genetic and environmental risk factors as well as premorbid personality and cognitive processes in the development of mood pathology are detailed Interpersonal neurobiological and psychological factors also receive detailed consideration The volume reviews mood disorders in special populations e.g. postpartum and seasonal mood disorders as well as common comorbidities e.g. anxiety substance use disorders Somatic and psychosocial treatment approaches receive in depth coverage with chapters that describe and review empirical evidence regarding each of the most influential treatment approaches The depth and breadth offered by this Handbook make it an invaluable resource for clinicians and researchers as well as scholars and students

Understanding Mental Illness Carlin Barnes, Marketa Wills, 2019-09-10 Skillfully crafted thoughtful and expertly written Sheryl Denise Jones MD Comprehensive and educational from a practical and relatable point of view Napoleon Higgins MD A well needed resource It allows us to better understand

and support the people we care about but who struggle with mental illness Thomas Kerrihard MD Get the straight facts about mental illness from two Harvard trained psychiatrists More than 40 million people in the US suffer from mental health problems yet less than half receive adequate care and treatment Even in the 21st century with the most advanced medical care in the world social stigma still surrounds psychiatric problems and this combined with a lack of understanding perpetuates a national mental health crisis affecting those in need and their families Ignoring and or being unaware of a problem can have devastating effects in our families and for society at large many people living with mental illness go untreated and as a result people with untreated mental illnesses make up one third of the nation s homeless population and can be imprisoned To meet these challenges Dr Carlin Barnes and Dr Marketa Wills have written this necessary and comprehensive practical guide to educate and help everyone better understand mental health Each chapter offers insights and wisdom concerning a variety of psychiatric conditions including Mood disorders Anxiety disorders Personality disorders Substance abuse issues Eating disorders Women s mental health issues Suicide in America Geriatric mental health Professional athletes and mental health And more Armed with this knowledge you and your loved one can better appreciate the real struggles at hand and as a result seek the proper care needed *Autism Spectrum Disorder: Understanding the Female Phenotype* Luigi Mazzone, Martina Siracusano, Kevin A. Pelphrey, 2024-08-19 This book provides a comprehensive overview of the current state of knowledge on autism in females in order to help understand and clarify gender implications in the autistic female phenotype Despite the reported higher risk of developing autism in males than in females few studies have investigated the gender differences at the clinical and neurobiological level Possible genetic protective factors as well as differing neurobiological brain trajectories could be responsible for the male female discrepancy in prevalence rates 4 1 Moreover a different clinical phenotype regarding the onset of symptoms behavioral features and social motivation often skews diagnosis in women Specifically the phenomenon of camouflaging or hiding symptoms in high functioning females due to behavioral coping strategies contributes to incorrect or delayed diagnosis In addition to addressing an important gap in the literature this book provides concrete and specific diagnostic recommendations and intervention strategies In addition a dedicated chapter presents clinical case reports and shares the personal experiences of autistic women Given its scope the book will appeal to clinicians and practitioners as well as researchers and students in the fields of child and adult psychiatry psychology and neuropsychiatry **Bipolar Disorder** Rachael Rothman-Kerr, 2018-12-15 Bipolar disorder causes extreme behavioral and mood swings These changes from the highs known as mania to the lows of depression are the reasons why it was often called manic depression in the past Readers discover this and other essential information about this disorder as they explore its symptoms causes and treatments Through detailed sidebars quotes from experts and full color photographs readers gain a deeper understanding of bipolar disorder as well as how to support loved ones who face its unique challenges Readers are given the tools to confront the stigma around bipolar disorder with knowledge and empathy *Borderline*

Personality Disorder: Understanding Borderline Personality Disorder & DBT for Adults with BPD Callie Parker, 2024-11-24

Embrace Emotional Balance and Build Healthy Connections This transformative bundle combines two powerful books Understanding Borderline Personality Disorder and DBT for Adults with BPD to equip you with the knowledge and skills to navigate the complexities of BPD and create a life filled with stability connection and joy Understanding Borderline Personality Disorder Gain a deep understanding of BPD its symptoms and the latest research Learn to recognize the signs in yourself or a loved one and explore the different subtypes of BPD Master DBT skills for managing emotions reducing impulsivity and building healthier relationships Discover practical tips for improving sleep nutrition and exercise to enhance mood stability Navigate the challenges of BPD relationships and build stronger more fulfilling connections Find hope and inspiration in real life stories of individuals who have successfully managed their BPD DBT for Adults with BPD Harness the power of Dialectical Behavior Therapy DBT to overcome the challenges of BPD Master proven DBT techniques to regulate emotions reduce impulsivity and improve interpersonal skills Apply DBT skills to everyday challenges and cultivate self compassion and self acceptance Manage triggers cope with stress and prevent emotional overwhelm Build a strong support system and communicate effectively with loved ones Integrate DBT skills into your daily routine for long term success and a brighter future You might be thinking I ve tried therapy before and it didn t work Or perhaps I m not sure I m ready to face my emotions Maybe you re worried that DBT is too complicated or time consuming This book is designed to address those concerns It offers a step by step approach that is easy to follow even if you re new to DBT It provides a safe and supportive space to explore your emotions and learn new skills at your own pace And it s filled with practical tips and real life examples that you can apply to your daily life I m not sure if I have BPD but I m struggling This book provides a comprehensive overview of BPD including diagnostic criteria and self assessment tools to help you gain clarity and determine the best course of action Together these books provide a comprehensive roadmap for understanding managing and thriving with BPD Whether you re newly diagnosed a long time survivor or a loved one seeking support this bundle will empower you to embrace your strengths overcome challenges and create a life of balance connection and fulfillment [Treatment Over the Lifespan in Bipolar Disorder](#) Andreas Reif, Dina Popovic, Janusz K. Rybakowski, 2023-08-22 **Handbook of Attachment Interventions** Terry M. Levy, 1999-11-24 The emotional attachment of a child to caregivers and the attachment of the caregivers to the child is of vital importance to the child s socioemotional development Proper attachment can affect one s ability to feel and express love moral development motivation to achieve and sense of identity Modern industrial societies have seen a recent surge in attachment problems yet there has been little information on clinical interventions for attachment disorders The Handbook of Attachment Interventions meets this need by providing information on diverse patient populations across different therapeutic philosophies while providing specific techniques for treating attachment disordered children and their families The book begins with a discussion of how attachment disorders relate to subsequent antisocial

behavior patterns and other disorders as well as general issues parents may encounter with an attachment disordered child. Subsequent chapters discuss special patient populations, the adopted child, military families, etc., and techniques for intervention. Practitioners in clinical, private practice, managed care, and hospital settings, social workers, developmental psychologists, and interested parents find the Handbook of Attachment Interventions a valuable reference. Handbook of Research on Shifting Paradigms of Disabilities in the Schooling System Maapola-Thobejane, Hlabathi Rebecca, Maguvhe, Mbulaheni Obert, 2023-10-16. Children living with disabilities face hardships of many kinds that make it impossible for them to access quality education in the same way as their peers in the schooling system. All children are entitled to quality education and a supportive school environment that allows them to develop to their full potential irrespective of their disabilities. However, different factors make it difficult for many learners who live with disabilities to access, participate, and succeed in the schooling system. The Handbook of Research on Shifting Paradigms of Disabilities in the Schooling System focuses on the global trends in education that require the total eradication of every form of impediment in the process of accessing quality education and lifelong learning for people living with disabilities. Rooted in the philosophy of equal rights, human dignity, and social justice, access to quality education for all has led to the current drive for inclusive education. Covering topics such as inclusive schooling systems, visual impairments, and emotional disabilities, this major reference work is an essential resource for students and faculty of higher education, administrators of both K-12 and higher education, government officials, policymakers, non-profit organizations, researchers, and academicians. Mental Health Conditions Lila Santoro, AI, 2025-03-14. Mental Health Conditions serves as a comprehensive guide to understanding mental health disorders and their treatments, offering clarity amidst misinformation. It explores various mental health conditions like anxiety, depression, bipolar disorder, and schizophrenia, while also examining evidence-based treatment modalities such as psychotherapy and medication. A key insight involves understanding the biological, psychological, and social factors contributing to mental health conditions. The book presents complex information in an accessible manner, avoiding jargon, to cater to a broad audience, including those seeking self-help resources and healthcare professionals. It acknowledges the historical context of mental health, recognizing social stigmas and misconceptions. A significant portion of the book is dedicated to examining available treatments, offering insights into their mechanisms, efficacy, and potential side effects. Structured systematically, the book begins with fundamental concepts, moves through specific disorders with case studies, and culminates in a discussion of preventative strategies and the future of mental healthcare. Mental Health Conditions emphasizes that a nuanced understanding of mental disorders, combined with knowledge of appropriate treatments, empowers individuals to improve their mental well-being. The book relies on evidence from peer-reviewed research and clinical trials.

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, Experience Loveis Journey in **Bipolar Disorder Understanding Symptoms** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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