

# HELP IS RIGHT HERE!

For more information or to  
schedule an appointment, call  
**St. Elizabeth Physicians Behavioral Health**  
at **(859) 301-5901**.

## Helpful Phone Numbers

### ▶ Youth:

Cincinnati Children's Hospital  
Division of Psychiatry:  
**(513) 636-3200**

### ▶ Youth & Adults:

SUN Behavioral Health:  
**(859) 429-5188**

If you or a loved one are having suicidal thoughts,  
get help right away!

Call **(800) 273-8255** to speak with a suicide  
prevention expert 24 hours a day, seven days a week.



# Behavioral Health: BIPOLAR DISORDER

You're not alone.



# EXTREME MOOD RANGES AND CHANGES.

Bipolar disorder is a mental disorder that causes significant shifts in mood, concentration levels, activity, engagement and day-to-day functionality. There is no single cause for bipolar disorder; however, there is a suspected genetic link. If you have a sibling or a parent with bipolar disorder, make sure your provider is aware of your family history. Knowing the warning signs and risk factors are essential for your mental wellness.

## Symptoms:

People with bipolar disorder have clear and intense changes in mood and energy levels. Symptoms typically fall into two categories: manic and depressive episodes.

### Manic episode:

- Difficulty sleeping.
- Feeling invincible.
- Impulsive shopping or financial decisions.
- Inability to stay focused.
- Irritable.
- Jumpy or “wired.”
- Poor judgment.
- Racing thoughts.
- Risky behavior.
- Talking very fast while jumping from topic to topic.

### Depressive episode:

- Decreased ability to experience pleasure.
- Feeling sad, worried or hopeless.
- Inability to concentrate.
- Indecision.
- Little interest in previously enjoyed activities.
- Loss of confidence in self.
- Restless.
- Sleep issues – not enough or too much.
- Slowed speech.
- Sluggish.
- Suicidal thoughts.

Some people may experience both manic and depressive symptoms in the same bipolar episode.



Others might experience less severe depressive symptoms during their manic episode, making it important for a trusted loved one to also watch for warning signs.

## Treatment:

Bipolar disorder symptoms can be managed with a regulated medication regimen consisting of mood stabilizers. It is particularly important to remain compliant while taking medication for bipolar disorder, discontinuing them could lead to more intense symptoms. Always discuss any potential medication changes or concerns with your provider.

Speaking to a therapist is also beneficial. St. Elizabeth Behavioral Health offers cognitive-behavioral therapy (CBT) along with other proven techniques to help modify coping skills for manic and depressive episodes.

The compassionate team of experts at St. Elizabeth Behavioral Health are here to listen to your concerns and help ease your worries. By utilizing appropriate assessments and evaluations, our team is able to develop the right care plan for your individual needs. The first step towards taking control of bipolar disorder is to call (859) 301-5901 and schedule an appointment with one of our specialists. We will be here for you, every step of the way.