

# Manic Depression

Manic Depression is a mental health condition that causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). When you become depressed, you may feel sad or hopeless and lose interest or pleasure in most activities. When your mood shifts to mania or hypomania (less extreme than mania), you may feel euphoric, full of energy or unusually irritable. These mood swings can affect sleep, energy, activity, judgment, behavior and the ability to think clearly.

## Symptoms - Type I and Type II

- **Type I disorder:** You've had at least one manic episode that may be preceded or followed by hypomanic or major depressive episodes.  
In some cases, mania may trigger a break from reality (psychosis).
- **Type II disorder:** You've had at least one major depressive episode and at least one hypomanic episode, but you've never had a manic episode.

***\*Note: Type II is not a milder disorder, it is a separate diagnosis.***

Suicidal thoughts and behavior are common among people with bipolar disorder. If you have thoughts of hurting yourself, call 911 or your local emergency number immediately, go to an emergency room, or confide in a trusted relative or friend. Or call a suicide hotline number — in the United States, call the National Suicide Prevention Lifeline at 1.800.273.TALK (1.800.273.8255).

If you're like some people with bipolar disorder, you may enjoy the feelings of euphoria and cycles of being more productive. However, this euphoria is always followed by an emotional crash that can leave you depressed, worn out — and perhaps in financial, legal or relationship trouble.

If you have any symptoms of depression or mania, see your doctor or mental health professional. Bipolar disorder doesn't get better on its own. Getting treatment from a mental health professional with experience in bipolar disorder can help you get your symptoms under control.

## Manic and a hypomanic episode include three or more of these symptoms:

- Abnormally upbeat, jumpy or wired
- Increased activity, energy or agitation
- Exaggerated sense of well-being and self-confidence (euphoria)
- Poor decision-making