

# Bipolar Disorder



Bipolar Disorder is when you **feel very high or active (manic)** and **very sad, low (depressed)** at different times.



Bipolar Disorder can **change what you do and think** in ways that are a problem for you and others.



When you are very **high** you might **talk a lot, make decisions too quickly, not need sleep, take risks, behave badly or feel impatient and angry.**



When you are very **low**, you might want to **sleep all the time, eat too much or not enough, cry a lot, and not do things you want or need to do.**



There is **medicine** that can help with Bipolar Disorder.



If you have problems with mood, ask your **doctor** for help.



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