



Blood and Transplant

**WORLD
BIPOLAR
DAY**
MARCH 30



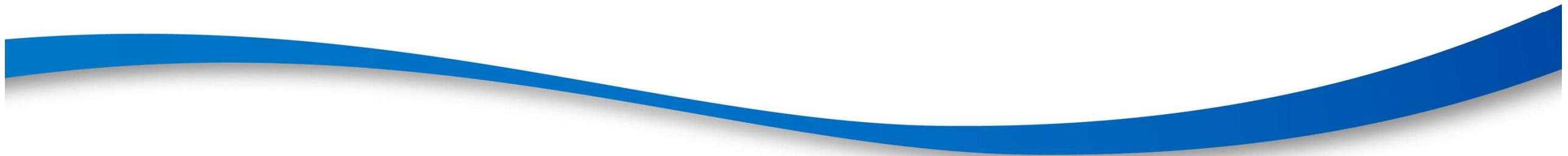
What is Bipolar?

Bipolar – sometimes known as manic depression – is a **severe mental health illness** characterised by **significant mood swings** including manic highs and depressive lows.

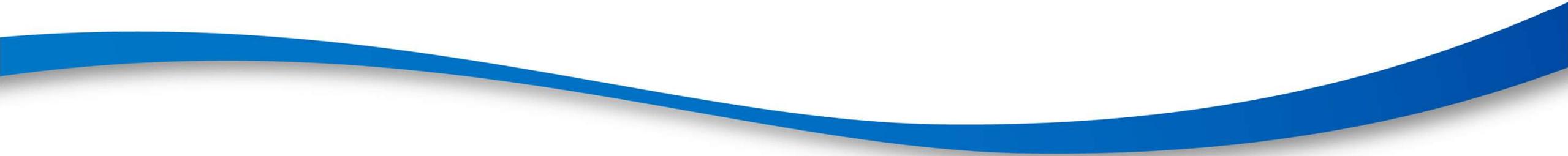
The majority of individuals with bipolar experience **alternating episodes** of **mania** and **depression**.

Mania can change perception, reality, and can cause hallucinations.

The episodes can be hours, days, weeks, months or years apart.



The Facts

- 1% to 2% of the population experience bipolar, recent research suggests 5% are on the bipolar spectrum.
 - On average it takes 10.5 years to receive a correct diagnosis for bipolar in the UK and before bipolar is diagnosed there is a misdiagnosis an average of 3.5 times.
 - Bipolar increases the risk of suicide by 20 times.
 - The World Health Organisation identifies bipolar as one of the top causes of lost years of life and health in 15 to 44 year olds.
- 

Signs & Symptoms

Manic Episode:

- High energy and excessive activity
- Overly good mood
- Irritability or impatience
- Fast, erratic talking
- Racing thoughts
- Inability to concentrate
- Little need for sleep
- Poor judgment
- Alcohol or drug abuse

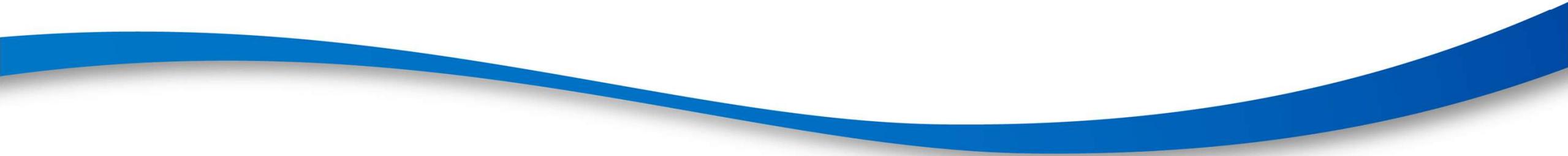
Depressive Episode:

- Sadness, anxiety, or a feeling of emptiness
- Hopelessness
- Feelings of guilt, feeling worthless or helpless
- Lack of interest
- Trouble with concentration or memory
- Restlessness or irritability
- Excessive sleeping or insomnia
- Changes in appetite or weight
- Pain or other physical symptoms
- Suicidal thoughts or attempts



Living with Bipolar

When you have bipolar, you often have self-doubt and feel worthless - to have the courage to get out there and try your best takes a lot of inner strength. Sometimes it takes all of your energy just to go into work in the morning and get through the day - but you do it because you are determined to.

A thick, blue, wavy graphic element at the bottom of the page, resembling a stylized wave or a ribbon.

Next Steps

- **Talk** to friends or family
 - Contact a **Mental Health Champion**
 - Contact the **Employee Assistance Program**
 - **0800 716 017** lines open 24 hours a day, seven days a week
 - www.employeecare.com (username 72992, password 72992)
 - Visit your **GP**
 - Use online resources e.g. **Mind**
 - <https://www.mind.org.uk/>
- 