

Resources for Bipolar Disorder

Learn more about bipolar disorder from these online sources:

- [American Psychological Association \(APA\)](#)
- [Mayo Clinic](#)
- [National Institute of Mental Health](#)
- [WebMD](#)

What can you do if you believe you or someone you know has bipolar disorder?

Bipolar disorder can be difficult to diagnose and may require continual treatment. Commonly, mood stabilizers and sometimes antidepressants are prescribed. Talk therapy is also a good option. If you think that you may have bipolar disorder, consultation with a behavioral health professional is essential. Use the locators listed below to find a behavioral health professional:

- [American Psychological Association \(APA\) Locator](#)
- [HelpPro Therapist Locator](#)
- [Depression and Bipolar Support Alliance \(DBSA\)](#)
- [National Network of Depression Centers \(NNDC\)](#)

Emergency situations: If you are experiencing a crisis please call 911 or one of the numbers listed below, or go to the emergency department at the nearest hospital.

National:

National Suicide Prevention Lifeline..... 800-273-8255
National Hopeline Network800-784-2433

Local:

Philadelphia Suicide and Crisis Intervention Hotline215-686-4420
Chester County Crisis Intervention Service877-918-2100
Delaware Co. Emergency Psychiatric Crisis Service.....610- 447-7600
Montgomery County Crisis Hotline.....610-279-6100
Contact Greater Philadelphia888-855-5525

Bipolar disorder defined:

Bipolar disorder is a type of mood disorder, characterized by changes in one's normal mood. Individuals experience unusual shifts in mood, energy, activity levels, affecting one's ability to carry out day-to-day tasks. In addition, individuals may have disturbances in thinking, as well as distorted perceptions and impairment in social functioning. Symptoms can range from severe depression to mania. While mania is the main characteristic of bipolar I disorder, bipolar II has milder periods of elevated mood known as hypomania. It also has episodes of mild or major depression. According to the National Institute of Mental Health, bipolar disorder affects 2.6% of the adult population with over half of all cases developing by age 25.

Disorder types:

- Bipolar I disorder
- Bipolar II disorder
- Cyclothymic disorder
- Mixed bipolar
- Rapid-cycling bipolar disorder