

# Bipolar Disorder in Teens and Young Adults: Know the Signs

Bipolar disorder is a mental disorder that causes unusual shifts in mood, marked by episodes of mania and depression.

## Common Signs & Symptoms of Mania

- Showing intense happiness or silliness for a long time
- Having a very short temper or seeming extremely irritable
- Talking very fast or having racing thoughts
- Having an inflated sense of ability, knowledge, and power
- Doing reckless things that show poor judgment

## Common Signs & Symptoms of Depression

- Feeling very sad or hopeless
- Feeling lonely or isolating themselves from others
- Eating too much or too little
- Having little energy and no interest in usual activities
- Sleeping too much

Teens and young adults with bipolar disorder symptoms may think and talk about self-harm or suicide. If someone you know is expressing these thoughts, seek help immediately.

**National Suicide Prevention Lifeline**  
**1-800-273-TALK (8255)**

**Crisis Text Line**  
**Text HELLO to 741741**



[www.nimh.nih.gov/bipolardisorder](http://www.nimh.nih.gov/bipolardisorder)

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