

## WHAT IS BIPOLAR AFFECTIVE DISORDER?

Bipolar affective disorder is a condition characterized by episodes of unusual and excessive joy, enthusiasm, quick reactions, and exaggerated emotional expressions that last for at least a week and disrupt daily life activities.



Outpatient psychiatry clinics of hospitals offer bipolar affective disorder assessments. Individuals concerned about this condition may arrange an appointment at these facilities.

In Türkiye, Community Mental Health Centers have been established to provide community-based services to individuals with severe mental disorders (such as schizophrenia and similar psychotic disorders and mood disorders) and their families.

**To access community-based mental health services, please contact the nearest Community Mental Health Centre.**

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**RIGHT PLACE, QUALITY SERVICES**

Contact the nearest **Migrant Health Centre** for more information and support



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# BIPOLAR AFFECTIVE DISORDER



Bipolar affective disorder may also develop during the course of other psychiatric disorders and many medical conditions. It may also be caused by drugs and substances.

## Symptoms

- Thoughts of grandiosity/exaggerated increase in self-esteem
- Too much and excessive talking
- Rushing and competing thoughts
- Reduced need for sleep
- Distraction
- Increased goal-oriented activity or excessive activity and agitation
- Participation in activities with a high probability of bad consequences
- Episodes of depression (*feelings of depression and sadness which do not match the situation experienced by the individual and which are persistent and do not change from day to day, and a loss of interest and desire in and loss of enjoyment from activities that the person normally enjoys*).



## Who Can Get Bipolar Disorder?

Anyone can get bipolar disorder. The condition generally becomes clinically observable in late adolescence or early adulthood. The disorder can also occur in children and adults. The disorder usually persists throughout life.

## Treatment

Bipolar disorder is a treatable condition. Medication alone or combined with psychotherapy is the most effective way to manage the condition over time.

As it is a recurring condition, long-term preventive treatment is very important.

Since bipolar affective disorder can cause serious disruptions in family life, other family members can also receive support from mental health professionals (*who inform families not only on strategies that will help them cope with the illness, but also on the steps they can take to become an active part of the treatment*).