



**For more information,  
or to make a referral,  
please call:**

Innovations Partial  
Hospitalization Program  
**484-838-6380**

Behavioral Health Intake  
(psychiatric evaluation or  
outpatient counseling)  
**484-822-5700**

Inpatient Care  
**484-629-5091**

## Bipolar Disorder

Bipolar Disorder is often not recognized as an illness, and people may suffer for years before it is properly diagnosed and treated. Like diabetes or heart disease, bipolar disorder is a long-term illness that must be carefully managed throughout a person's life.

Bipolar Disorder patients experience unusual changes and shifts in mood. A common misconception of bipolar mood changes is that they are quick and drastic. In reality, the mood shifts are quite often gradual. An episode, whether depressive or manic, can last for weeks, months and even years. It can result in damaged relationships, poor job or school performance and even suicide. But there is good news: bipolar disorder can be treated, and people with illness can lead full and productive lives.

### Depressive episodes can include:

- Sadness
- Excessive crying
- Loss of pleasure
- Abnormal sleep
- Low energy
- Restlessness
- Difficulty concentrating
- Irritability
- Loss of appetite or overeating
- Feelings of worthlessness or hopelessness
- Thoughts of death or suicide

### Manic episodes can include:

- Inappropriate sense of euphoria
- Racing thoughts
- Extreme irritability
- Rage attacks
- Reckless behavior
- Excessive energy
- Excessive spending
- Unsafe promiscuity
- Abuse of alcohol and drugs
- Sleeping too little
- Excessive or rapid speech