

# BIPOLAR

## Signs of Bipolar Disorder

- A sustained period of mania or hypomania, with behavior that is vastly different from your normal self
  - Engaging in behaviors that are not typical of you with potential for negative consequences. Examples include buying sprees, reckless driving, and risky sexual behavior.
  - Racing thoughts, rapid speech, talking over people. Not able to slow your mind down.
  - Feeling invincible and full of great new ideas and important plans.
  - Inflated self-esteem or grandiosity
  - More social or outgoing than usual i.e. calling friends in the middle of the night.
  - Significantly increased energy, activity and restlessness.
  - Extreme irritability i.e. shouting at people or starting arguments or fights.
  - Easily distracted that you have trouble concentrating or staying on track.
  - Sharply decreased need for sleep
- In addition to some of the above symptoms, at least one major depressive episode has occurred.

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If you have experienced several of these concerns, you may have bipolar disorder, a real illness. At least 4.4 million Americans suffer from bipolar disorders (NIH, 2023). They are equally common in men and women. Bipolar disorders typically begin in adolescence or early adulthood and may continue throughout life.

The SMSU Counseling and Testing Center has mental health professionals who can meet with you to talk about concerns ranging from adjustment difficulties to major mental health challenges. Services are confidential and free to students. We are open year round, Monday through Friday, 8:00am to 4:30pm.

After hours crisis services are available through:

- Western Mental Health Center at 507-532-3236
- Avera Marshall Emergency Room and/or 911
- 988 Suicide & Crisis Lifeline (call 988)
- Crisis Text Line (Text HOME to 741741)

**MENTAL HEALTH COUNSELING CENTER**

BELLOWS ACADEMIC 156 | 507-537-7150 | MENTALHEALTH@SMSU.EDU