

For Friends and Family

Caring for a person with bipolar disorder can be hard. Here are some tips that may help.

How to Help a Person With Bipolar Disorder—

- ✓ Learn the signs of mania (very high mood) and depression (very low mood).
- ✓ Plan together how to deal with episodes during stable times.
- ✓ Help make a list of their medicines and who to call as needed.
- ✓ Help the person stick with their treatment.
- ✓ Help to make sure they keep their doctor visits.

How to Take Care of Yourself—

- ❑ Learn more about bipolar disorder and treatment.
- ❑ Consider joining a support group. It may help to meet others who care for someone with bipolar disorder.
- ❑ If it is okay with the person who has bipolar disorder, ask others to help.
- ❑ Consider talking with a therapist. It may help you cope with stress.
- ❑ Plan some fun time just for you!

Keep in Mind ...

- ✓ Street drugs or alcohol can make symptoms worse.
- ✓ When possible, do things with—rather than for—a person with bipolar disorder.