

DO YOU HAVE A MOOD DISORDER?



MOOD DISORDERS

Millions of people in the United States are affected by one of the two major mood disorders: major depressive disorder (also known as unipolar depression) or bipolar disorder. What causes these disorders is still not fully understood, but researchers believe it is likely that they develop from imbalances in the brain's chemical activity in most cases. However, environmental factors are also suspected of playing a part.

SIGNS OF MAJOR DEPRESSIVE DISORDER (UNIPOLAR DEPRESSION)

- Feeling sad, hopeless and having frequent crying spells
- Losing interest in things you need to enjoy (including sex)
- Feeling guilty, helpless or worthless
- Thinking about death or suicide
- Sleeping too much or too little
- Loss of appetite or unintended weight loss or gain
- Feeling very tired all the time
- Trouble paying attention and making decisions
- Aches and pains that don't get better with treatment
- Feeling restless, irritated and easily annoyed

SYMPTOMS OF BIPOLAR DISORDER

People with bipolar disorder experience both dramatic mood shifts and more mild attitude changes. Although everyone experiences mood changes to some extent, the shifts associated with bipolar disorder can be severe enough to disrupt normal life activities. Alternating between the following symptoms of mania and depression may indicate bipolar disorder.

MANIA: THE "HIGHS" OF BIPOLAR

- Increased physical and mental activity and energy
- Heightened mood, exaggerated self-confidence
- Excessive irritability, aggressive behavior
- Decreased need for sleep without experiencing fatigue
- Grandiose delusion of inflated sense of self-importance
- Racing speech, thoughts
- Impulsiveness, poor judgment
- In severe cases, delusions and hallucinations

DEPRESSION: THE "LOWS" OF BIPOLAR

- Prolonged sadness or unexplained crying spells
- Significant changes in appetite and sleep patterns
- Irritability, anger, worry, agitation, anxiety, pessimism, indifference
- Loss of energy, persistent lethargy
- Feelings of guilt, worthlessness
- Inability to concentrate, indecisiveness
- Recurring thoughts of death or suicide
- Unexplained aches or pains

Texas Suicide Prevention Council

[TexasSuicidePrevention.org](https://www.TexasSuicidePrevention.org)

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[@StopTXSuicides](https://twitter.com/StopTXSuicides) [Facebook](https://www.facebook.com/StopTXSuicides) [bit.ly/2UHgzlc](https://www.linkedin.com/company/stop-texas-suicides)

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TREATMENT

Mood disorders are very treatable. Be sure to tell your doctor if you are experiencing any of the symptoms listed above. Be sure to describe any emotions you can't explain or that concern you. Don't wait to start the discussion—early treatment keeps mood disorders from getting worse, lasting longer, and affecting your physical health.

Common treatments for mood disorders include: medication, psychotherapy (talk therapy), or both. In addition to treatment, support from family, friends, peers and other supports can help lead to recovery.

SUICIDAL THOUGHTS AND FEELINGS

The symptoms of a mood disorder can increase someone's risk of suicide or other self-harming behaviors. If you have thoughts of suicide or other self-harm, do not hesitate to seek help or find someone to talk to. Tell your doctor, your family, and your friends. The resources listed below can help provide additional information or connect you to a hotline operator you can speak with about your thoughts and feelings.



MENTAL HEALTH RESOURCES

National Suicide Prevention Lifeline (call or chat):
SuicidePreventionLifeline.org
1-800-273-TALK (8255)
Crisis Text Line: Text HOME to 741741



Crisis Lines - Texas HHSC Helpline
Dial 211 or call 1-877-541-7905
211texas.org

SAMHSA (Substance Abuse & Mental Health Services Administration)
www.samhsa.gov

NAMI Texas
www.NamiTexas.org

National Institute of Mental Health
www.nimh.nih.gov

Texas Youth Hotline: 1-800-989-6884
Text: 512-872-5777 / Chat:
www.dfps.state.tx.us/Youth_Hotline/

American Association of Child and Adolescent Psychiatry
www.aacap.org

Texas Suicide Prevention Council
TexasSuicidePrevention.org

American Foundation for Suicide Prevention
afsp.org

The Trevor Project (LGBTQ Youth)
Call: 1-866-488-7368
www.thetrevorproject.org

Texas Health and Human Services Commission
hhsc.texas.gov

Suicide Prevention Resource Center
www.sprc.org

American Association of Suicidology
www.suicidology.org

This factsheet is provided for information purposes only and is not intended to diagnose, treat or manage any physical or mental health concern. It does not necessarily reflect the views of the Texas Suicide Prevention Council, its contractors, or sponsoring organizations. Please seek medical or mental health advice from a mental health professional. If you or someone you know is in crisis or at risk of suicide, contact 911 or the National Suicide Prevention Lifeline at 1-800-273-8255.