CLÍNICA VIVALDI · FREE SHEET · BIPOLAR AND RELATED

Bipolar II disorder

Major depressive episodes alternating with hypomania: phases of more energy and activity, less intense than mania. Depressions are usually the heaviest.

COMMON SIGNS

- Recurrent depressions
- Periods of more energy, less sleep and more activity
- Mood changes that others notice

TIPS FOR YOU

1. Ask for an assessment: it is often mistaken for depression
2. Keep a mood and sleep diary
3. Combine medical treatment and psychotherapy

FOR FAMILY AND FRIENDS

1. Help keep a record of mood and sleep
2. Don't blame them for the ups and downs: they are part of the disorder

WHEN TO ASK FOR HELP

1. If the depression is severe or there are thoughts of death: 024
2. If spending or risky behaviour appears

TO OBSERVE AND NOTE DOWN

☐ I have had several periods of depression

☐ I have had days of lots of energy, creativity and less sleep

☐ During those periods I did more than usual

☐ Others noticed I was more wound up

☐ A slump usually followed

☐ Antidepressants have affected me strangely (wired or irritable)

☐ My mood changes last days or weeks

☐ I have relatives with bipolar disorder

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-bipolar-ii
- Full article: Bipolar disorder: clinicavivaldi.com/en/trastorno-trastorno-bipolar
- Fundación Mundo Bipolar (Spanish bipolar disorder foundation): https://www.mundobipolar.org/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112