SIGNs IT MAY BE BIPOLAR DEPRESSION

Take a look at the following signs and if they sound familiar, talk to your health care professional. He or she may have you complete a Mood Disorder Questionnaire to help screen for bipolar depression.

- **Having sad, empty, or hopeless feelings most of the time**  
  A depressed mood most of the day, nearly every day, is a sign of bipolar depression.

- **Trouble sleeping at night and staying awake during the day**  
  Insomnia (difficulty falling and/or staying asleep) and hypersomnia (sleepiness during the day) are signs of bipolar depression.

- **Often feeling worthless or very guilty**  
  Nearly every day, having an excessive or inappropriate level of these feelings is a sign of bipolar depression.

- **Work, family, and/or social life are suffering**  
  Symptoms causing a significant effect on these important areas of life are a sign of bipolar depression.

- **At times, feeling very euphoric, revved up, and/or irritable**  
  These feelings are ways to describe mania. Bipolar I disorder, the larger condition that bipolar depression is part of, includes manic episodes.

Remember, one sign alone doesn’t mean you have bipolar depression, but if they sound familiar, talk to your healthcare professional. A medical professional is the only one who can diagnose you with bipolar depression.