

Help for bipolar disorder in the Montreal area

Youth-Oriented:

- *Montreal Children's Hospital:*
514-412-4400
Ext. 23295
***Referral needed** (call your local CLSC first. Dial 811 to find your local CLSC)
- *Herzl Family Practice Center – Adolescent Clinic:* **514-340-8242**
- *Head & Hands:* **514-481-0277**
www.headandhands.ca
- *Kids Help Phone:* **1-800-668-6868**
www.kidshelpphone.ca

General:

- *Douglas Hospital-Bipolar Disorders Program:*
514-761-6131
Ext. 3303
www.douglas.qc.ca/page/bipolar-disorders-program
***Referral needed**
- *Emotional Health CBT Clinic:*
514-485-7772
www.cbtclicnic.ca/treatment
- *PEPP-Montreal:* **514-888-4453**
www.douglas.qc.ca/section/pepp-montreal-165

To Learn More

Websites:

- www.amiquebec.org/bipolar-disorder/
Resources for bipolar disorder
- www.helpguide.org/mental/bipolar_disorder_symptoms_treatment.htm
Understanding bipolar disorder
- www.dbsalliance.org/site/PageServer?pagename=education_bipolar
Information on bipolar disorder

AMI-Québec has many programs to help families and people suffering from mental illness. If you recognize yourself or someone you care about in this pamphlet, please contact us and we will direct you to an appropriate resource.

514-486-1448

www.amiquebec.org

outreach@amiquebec.org

 facebook.com/AMIQuebec

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BIPOLAR DISORDER

(MANIC - DEPRESSION)



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Paul's parents are worried for him. Paul has been unusually energetic but has not had any sleep. During the night his parents continuously tell him to turn off his music because it is too loud. His teachers have also contacted his parents warning them that Paul has been too active and disruptive during class. His friends find it difficult to have conversations with him because he speaks so quickly and incoherently. He also started taking on ambitious projects that seem quite unusual. This lasts for two weeks, after which his behavior was stable again.

A few months later, Paul's parents become even more concerned when he can't get out of bed. He no longer feels pleasure from listening to his music and he has no interest in seeing his friends or anyone else for that matter. Everything feels dull and black and nothing cheers him up. Paul's parents have noticed his changes in behavior throughout the year. They wonder how someone can feel such emotional extremes and decide to seek professional help.

BIPOLAR DISORDER

There are many other people who feel like Paul. In fact, 1 in 100 people have what is called bipolar disorder, where moods swing from deep depression to the intense highs of mania. These mood swings, which are out of proportion or totally unrelated to events in a person's life, affect thoughts, feelings, physical health, behavior and functioning. There are generally periods of normal mood

in between the highs and lows where the person feels OK.

MANIA

Often begins with a good mood that lasts until it becomes a *great mood*. Feelings of being very creative, energetic and on top of the world are very common. Usually, a person experiencing mania does not understand that there is anything wrong and angrily blames anyone who points out a problem. After a while the person can also become very irritable and snappy.

WARNING SIGNS OF MANIA

- Needs little sleep yet has great amounts of energy
- Talks so fast and about so many things that others can't follow the person's thinking
- Imagines special connections with God, celebrities, or political leaders
- Does reckless things such as spending too much money, being sexually promiscuous, or making foolish business investments, and does not have any concern about the consequences
- Is hyperactive; starting a lot of projects at the same time or not being able to relax and sit still
- Feels invincible - like nothing can hurt him or her

DEPRESSION

The onset of depression can come in many forms; a person can begin by feeling anxious and worried about anything and everything.

Or he or she can have feelings of sadness that don't go away. Or maybe the person's body starts feeling very heavy all of a sudden.

WARNING SIGNS OF DEPRESSION

- Sleeps too much or too little and still feels tired
- Feels intense sadness and despair; the person feels helpless, hopeless and worthless
- Loses pleasure in seeing friends, going out or doing extracurricular activities
- Cannot concentrate on tasks
- Has low self-esteem and feels like there is no future, everything is bleak and hopeless
- Appetite decreases or increases to abnormal levels
- May become irritable, angry, or even aggressively violent

GETTING HELP

If you or someone you know shows signs of bipolar disorder then it is important to get help. ***The sooner an illness is treated, the better the outcome.*** It is important to **talk with an adult whom you trust**: a parent, guidance counselor, social worker, coach, or teacher. You can also visit a family doctor or CLSC and explain what you are experiencing.