



10 Questions to Help Identify Bi-Polar Disorder

1. Have you had any significant depression that lasted at least two weeks and severe enough that it was difficult or impossible to properly function in your daily life?
2. Do you experience both ups and downs that seem more extreme than usual?
3. Are your ups wired or hyper – not just happy?
4. Do you experience racing thoughts and rapid speech you can't control?
5. Do you experience an inability to sleep, sometimes for days on end?
6. Do you have periods when you spend money out of control?
7. Do you have times when you engage in uncontrolled sexual promiscuity or other risky behavior then followed by depression or extreme sadness?
8. Do your moods change rapidly, sometimes without cause or any warning?
9. Have your friends or family expressed concern over your mood swings?
10. Have these behaviors caused serious issues in your job or with your relationships?

If you answered yes to two or more of these questions, you may have a problem with bi-polar disorder and it is likely that you would benefit from therapy or treatment.

Bi-polar disorder is serious, but with help does not need to control your life.

Solutions Treatment Center can help. Call Today for more information.

877-499-1354 or visit our website at www.treatmentsolutions.org