

Let's Talk: Common misconceptions about bipolar disorder

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Hi, my name is Emma. Let's talk about some common misconceptions people have about bipolar disorder.

Myth #1: Bipolar means someone has “mood swings”

The first myth is that bipolar disorder means someone has mood swings. Bipolar mood swings are different. They can be more severe, last longer, or even interfere with daily life. Most people don't shift between moods quickly or even often. The average person with bipolar is depressed more than they're manic, and some people may experience psychosis, being hallucinations or delusions.

Myth #2: Being manic means you're happy and fun

The second myth is that being manic means you're happy and fun. However, many enter the phase happy, but don't stay that way. A lot of people tend to get irritable as it progresses. Many people feel afraid during the manic phase just because they may lose control over things like their thoughts, actions, and their sense of reality. And in fact, people often regret their choices during the manic phase. Manic often includes reckless behavior, such as shopping sprees, lack of sleep, substance misuse, and even poor judgment.

Myth #3: Antidepressants don't work for bipolar

Our last and third myth is that antidepressants don't work for bipolar disorder. Many people think that antidepressants lead to mania. However, it is true that antidepressants can actually help for people who struggle with depressive episodes, and it may even take a couple of trial and errors to get the right medication.

Learn more to get help

In conclusion, learning about mental health issues, such as bipolar disorder, can help reduce the stigma and encourage people to get help.

Find additional information online at [Depression and Bipolar Support Alliance](#).

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