Mental Health Facility Reports on Types of Bipolar

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BRADENTON, FL - October 17, 2024 -
Bradenton, FL ? Clean Recovery Centers is a local rehab and mental health facility that recently published an article explaining the types of bipolar disorder. Their program specializes in a unique, three-phase approach that treats both substance use disorders as well as mental health conditions.

?Bipolar disorder is a life-long mental health condition. Formerly known as manic depression, it is characterized by intense mood swings that involve mania/hypomania and depression. Someone with bipolar disorder will experience moods that cycle, often referred to as just ?highs and lows.? T he ?highs? refer to manic states and the ?lows? refer to depressive states.

?Though cycling moods are standard with bipolar disorder, there are different types of bipolar based on how often cycles are experienced. They are broken down into bipolar I disorder, bipolar II disorder, and cyclothymic disorder. The highs and lows vary between each which is why they are broken into different variants,? the article reads.

Bipolar I disorder is focused on manic episodes because they last at least 7 days. They are marked by elevated energy, activity, and mood changes that differ significantly from the person?s usual behavior. Severe mania can lead to psychosis, often requiring medical intervention. In addition to mania, individuals

with bipolar I disorder also experience depressive episodes, typically lasting around two weeks, and sometimes featuring mixed symptoms of both depression and mania. If the person experiences more than four manic or depressive episodes in a year, it is known as rapid cycling.

During manic episodes, individuals with bipolar I disorder experience high energy levels, increased productivity, restlessness, rapid speech, and a reduced need for sleep. This heightened state is often mixed with depressive episodes, where energy is depleted, feelings of hopelessness and worthlessness are prominent, and sleep patterns are disrupted. The person may lose interest in activities and have a difficult time completing tasks. In severe cases, depressive episodes can involve thoughts of self-harm or suicide, which require immediate medical attention.

?Bipolar II disorder has both manic and depressive episodes but on a different scale than bipolar I disorder. In bipolar II, manic episodes are defined as hypomanic, as they are not as intense as the episodes in bipolar I. Hypomanic episodes also tend to last for shorter timeframes.

?Bipolar II is not a lesser form of the disorder. Those living with bipolar II disorder have longer periods of depressive episodes as opposed to hypomanic. Experiencing one hypomanic episode and one major depressive episode in a year?s time quantifies a bipolar II diagnosis,? the article continues.

Symptoms experienced from bipolar II disorder are similar to bipolar I. Depressive episodes can cause a lack of motivation, difficulties with daily tasks including self-care, chores, and work, feeling down, sad, irritable, or anxious, and thoughts of self-harm or suicide. These symptoms can last for weeks to months between hypomanic episodes. When hypomania sets in, symptoms experienced include a hyperactive sense of motivation, rapidly having ideas and thoughts that change plans, multitasking without feeling stressed or tired, and difficulties going to sleep.

Clean Recovery Centers has helped hundreds find solace from mental health conditions and substance use disorders. Their team understands the complexities that come with co-occurring disorders, which is why their three-phase approach is so effective. With locations throughout the Gulf Coast, Clean Recovery Centers offers ease of access to care for anyone seeking help with mental health or substance use.

To learn more about Clean Recovery Centers, call (888) 330-2532 or visit their website.

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Clean Recovery Centers in Bradenton, Florida is drug and alcohol Detoxification and Residential Level 1 treatment facility that will be opening in 2023.

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