

Common Warning Signs

Mania Warning Signs

Mania is characterized by a feeling of high energy, pressure, anxiety, and intensity. Someone who is experiencing mania may seem “amped up” and become more likely to engage in risky behaviors.

More energetic	Feeling “high” or “in another world”	Easily distracted	Senses seem sharper / colors more vivid
Ideas flow quickly	More talkative	Suddenly feeling creative	Irritability
Spending money more freely	Sleeping less	Anxiety	Feeling rested even with little sleep
Increased sex drive	Feeling especially strong and powerful	Drinking or drug use	Elevated feeling of importance

Depression Warning Signs

Depression is characterized by feeling sad, slowed down, or low on energy. Someone who is experiencing depression may lose interest in things they previously enjoyed and withdraw from normal life activities.

Sadness	Ideas feel slowed down	Difficulty focusing	Senses seem duller
Less talkative	Less interest in people and activities	Less energetic	Anxiety
Worry	Restlessness	Aches and pains	Drinking or drug use
Irritability	Social isolation	Decreased sex drive	Sleep problems (too much, too little, or disrupted)