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BLOG

What to Bring to a Visit About Mood Swings

Bring a Mood Journal

- When up or down periods started
- How long each one lasted
- Changes in sleep and energy

Notes From Family and Friends

- Changes they have noticed
- Times you seemed unusually up or wired

Your Family and Health History

- Your family's mental health history
- Medicines and drugs you take
- Any thyroid problems

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Read the full article

Bipolar Disorder or Depression? Symptoms, Diagnosis and Treatment

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General information, not medical advice. Your provider can tell you what is right for you. If you or someone you know is in crisis, call or text 988.