

# Severe mood swings that cause problems in relationships?

It is important because it could mean that you are suffering from bipolar disorder or another serious problem.



Severe mood swings can be a sign of more significant problems such as bipolar disorder. The good news is that these problems are treatable!

Bipolar disorder is a condition where a person switches between extreme highs and lows. Kids may quickly switch moods or are full of energy. They may think very highly of themselves or take unnecessary risks. Kids may also have signs of depression such as crying a lot, withdrawing from friends, and low energy. Not all children with bipolar disorder have all symptoms. If you are struggling with any of these symptoms for more than two weeks, talk with a doctor or parent.

## Warning Signs

- ◆ Severe mood swings.
- ◆ Switches between extreme highs and lows.
- ◆ Quickly switches moods or are full of energy.
- ◆ Think very highly of themselves or take unnecessary risks.
- ◆ Signs of depression such as crying a lot, withdrawing from friends.

Your doctor can tell you that kids who have severe mood swings are not 1 in 1000—they are 1 in 10! Your feelings are an important part of your health. Talking with your doctor or family, will help you feel better.

**If you have severe mood swings,  
it is time to take action!**

To learn more, talk to an adult. You can talk to a family member, or a doctor. At school, you can talk to a nurse or a counselor. You can even talk with a religious leader like a minister, rabbi, priest, or a cleric. You may also contact one of these groups:

**Iowa Federation of Families for Children's Mental Health**

**106 South Booth Anamosa, Iowa 52205**

**319-462-2187 1-888-400-6302 (toll free)**

**help@iffcmh.org**

**www.iffcmh.org**

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