

# Patient information from BMJ

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## Bipolar disorder: questions to ask your doctor

**If you have been told you have bipolar disorder you may want to talk to your doctor to find out more.**

Here are some questions that you might want to ask.

- Do I have bipolar disorder type 1 or type 2?
- What are my options for treatment while I have mania?
- What are my options for treatment while I have bipolar depression?
- Can I learn how to tell when my symptoms are coming back (that is, when I am having a relapse)?
- What should I do if I spot the signs of a relapse? Who should I contact? Which medicines should I take?
- While I'm well, can we work out what treatment I want if I have a relapse?
- Will I need to keep taking my treatment even if I'm feeling fine?
- Are there any things I should do, or not do, that may stop me getting a relapse?
- What should I do if I start thinking about hurting or killing myself?
- How can my friends and family help me cope with my bipolar disorder?
- Are there any local support groups in my area, or online support groups, for people with bipolar disorder?

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