

Manic-Depression/Bipolar FAQs

My father was diagnosed as manic-depressive. Does that mean I will get bipolar disorder too?

Bipolar disorder does run in families. Your chances of getting the disorder will increase if you have an immediate family member who has it. But it is still likely that you **will not** develop bipolar disorder. The highest risk is if both of your parents have it. This raises your risk of developing it to about 70 percent. But do not despair. Being prepared to deal with the symptoms and get the right treatment is half the battle. You can protect yourself by:

- Avoiding drugs and alcohol
- Getting into counseling to learn to reduce your stress
- Developing a good support system outside your family

My sister has been acting strangely lately. She gets little sleep. But she seems hyperactive. Then she crashes and acts like the world has deserted her. What can I do?

Ask her if everything is okay. Tell her that you are worried about the changes you have noticed in her lately. If she listens to you, suggest talking with a counselor or her family physician. Offer to go with her for support.

Do not be surprised if she says there is nothing wrong. If that is what happens, talk to other family members and friends. They have also probably noticed that something is wrong. Talk to them about how to help her. Have her evaluated by a psychiatrist or psychologist as soon as possible.

Can someone with bipolar disorder lead a normal life?

Yes. Many of the treatments for people with bipolar disorder are effective. The best treatment usually includes medication and psychotherapy. When they get help, people with bipolar disorder learn to become aware of what can trigger a manic or depressive episode. They learn new skills to cope. And they learn to recognize when they need to adjust their medication.

If you have questions, or want to learn more about this information, you may call:

- **Magellan Behavioral Health of PA** at 877-769-9780 or
- **Keystone Mercy Health Plan** at 800-573-4100

The information in this notice is available in other languages and formats by calling Member Services at **1-800-521-6860** or **1-800-684-5505** (TTY).

Esta información también se ofrece en otros idiomas y formatos. Llame a Servicios para Miembros al **1-800-521-6860** o al **1-800-684-5505** (TTY).

Muốn đọc thông tin trong thông báo này dưới hình thức và ngôn ngữ khác, xin gọi Ban Dịch Vụ Hội Viên số **1-800-521-6860** hay số dành cho người khiếm thính giác **1-800-684-5505** (TTY).

ព័ត៌មាននៅក្នុងសំបុត្រនេះមានជាភាសានិងទម្រង់ផ្សេងៗទៀត ដោយទូរស័ព្ទទៅក្រុមស្តង់ដឺន្តយសមាជិកលេខ **1-800-521-6860** ឬ **1-800-684-5505** (TTY) សំរាប់អ្នកផ្ទះ។

Для получения сведений, содержащихся в данном уведомлении, на других языках звоните в Отдел обслуживания по телефону **1-800-521-6860** или **1-800-684-5505** (TTY).

此通知的资料包括其他语言及格式，如需要提供，请致电 **1-800-521-6860** 或 **1-800-684-5505** (TTY) 联系会员服务处。

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