

## **Bipolar Disorder: Questions to Consider When Referring**

### **Questions to consider if you suspect that a client might have manic symptoms:**

1. Has the client been in an unusually "high," giddy, euphoric, or expansive mood?
2. Has the client been engaging in excesses of behavior, such as talking too much or being indiscriminately friendly?
3. Does the client seek excessive risk-taking and/or pleasure-seeking activities?
4. Does the client think that he/she knows everything, is better than anyone else, and can do anything?
5. Has the client's speech been rushed, rapid, and wordy?
6. Does the client's content of speech suggest delusional thinking?
7. Does the client seem physically overactive?

### **Questions to consider if you suspect that a client might have both depressive/manic symptoms:**

1. Has the client shown irritability, grouchiness, and low frustration tolerance?
2. Has there been a change in the client's sleeping patterns?
3. Has the client been aggressive?
4. Is the client engaging in substance abuse?

