



Bipolar Disorder Message Board

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am i bipolar and what should i do?

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05-29-2011, 07:13 AM

#1

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jessff1989787
Newbie
(female)
Join Date: May 2011
Location: england staffordshire
Posts: 4

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am i bipolar and what should i do?

hi im amy new to this site, umm... well im currently 20 years old and have been diagnosed with depression from a young age but in the last 5 years or so i have been feeling very odd having some extreme highs which include loss of appetite concentration using drugs and alcohol spending sprees and also sex, i can not control this when i get impulses like the above it is impossible though i have tried. I also suffer with depression which is quite severe most of the time i find it hard to get out of bed or to even be able to connect with anyone including my partner who lives with me, i am hurting him so much but i dont feel like i can do anytjing about it
i have asked my doctor to test me to see if i am bipolar as my antidepressants do not work even though they have been changed a million times!! he said no that he wont test me and i also asked for counselling and he also declined that, at the moment i feel that im loosing control of everything and its getting worse, i want to change my doctor and have been telling my partner i would but im scared of finding out that i am bipolar, but i really feel like either an extreme high or an extreme low is on the way and im quite scared i dont know what to do
please help



The following 2 users give hugs of support to:
jessff1989787
jacq42 (05-29-2011),fairygirl32 (05-29-2011)

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Cut down a bit of stomach fat every day by never eating these 5 foods

[Never Eat>>](#)

V-Taper Solution

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The screenshot shows the Treato app interface. At the top, there is a search bar with a magnifying glass icon and the Treato logo. Below the search bar, the text "See what patients are saying about:" is displayed. The main heading is "Bipolar Disorder" in large blue font, accompanied by a small blue robot icon and a "more info" button. Below this, there are two tabs: "Top Issues" and "Medications". Under the "Top Issues" tab, there is a list of issues with corresponding progress bars: Depression (full orange bar), Mania (approx. 60% orange bar), Anxiety (approx. 40% orange bar), Mental Disorder (approx. 20% orange bar), and Pain (approx. 10% orange bar). At the bottom left is a "T&C" button, and at the bottom right is a "view all" button.

ghelpmelivelife

Senior Member

(female)

Join Date: May 2011

Location: North Palm Beach Florida

Posts: 104

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Re: am i bipolar and what should i do?

I would strongly suggest you do change doctors! Him declining to test you for bi-polar when it is a major concern for you and the therapy as well sounds not good of him.

I hope you do find another doctor and you get the help you need! good luck 😊



The Following User Says Thank You to ghelpmelivelife For This Useful Post:
jessff1989787 (05-30-2011)

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05-29-2011, 11:01 AM

#5

fairygirl32

Senior Member

(female)

Join Date: Sep 2010

Location: Virginia

Posts: 241

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Re: am i bipolar and what should i do?

I think you should get a second opinion ASAP!!!! I can't beleive that your dr. won't even consider therapy for you. I know he is your dr. but YOU know your body better than he/she does and it is telling you something is NOT right and it needs attention NOW so PLEASE take some action. We all on this board care about each other so PLEASE keep us posted. Until next time TAKE CARE!!!!😊



The Following User Says Thank You to fairygirl32 For This Useful Post:
jessff1989787 (05-30-2011)

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05-29-2011, 12:45 PM

#6

girlegrlracing7

Junior Member

(female)

Join Date: Jan 2009

Location: Womelsdorf, Pa

Posts: 16

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Re: am i bipolar and what should i do?

Hello and welcome! I would seriously suggest finding a new doctor. do not be scared to find out if you are bipolar. If you find out that you are then the doctor can get you proper help and medication. You have come to a great place for support! i wish you the best of luck and please keep us updated! it will be ok and you can get through this it maybe hard at first but eventually it does get better!



The following user gives a hug of support to girlegrlracing7:
fairygirl32 (05-30-2011)



The Following User Says Thank You to girlegrlracing7 For This Useful Post:
jessff1989787 (05-30-2011)

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05-29-2011, 01:42 PM

#7

Emz45

Inactive

(female)

Join Date: Mar 2008

Posts: 5,063

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Re: am i bipolar and what should i do?

Hi, welcome to the boards, hopefully we can help you out and be a support system for you. First off you're not A bipolar, *I* we're not things, it's a condition. From what you say, if sounds very likely that you might have Bipolar disorder. I would go to a psychiatrist for testing and find out. You don't have to have your docs permission to do this. If you're already seeing a psychiatrist and that's who's doing all the denying, then find a different one, because he's not doing his job, nor is he considering your best interest. That's all that you can really do in the beginning, find out what's what. We aren't docs here and can't diagnose you. But I think it would definitely be smart to go and get a diagnoses.

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Take care, and please keep in touch, let us know how you're doing, okay?

Kat

Thank You

The Following User Says Thank You to Emz45 For This Useful Post:

fairygirl32 (05-30-2011)



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