



Be aware of the early warning signs of mania. Seeking early medical treatment may decrease the severity of your relapse.

Common Signs:

- Decreased need for sleep.
- Elevated mood.
- Racing thoughts.
- Bad temper.
- Increased activity.
- Out of reach plans.
- Poor decisions with money, sexual partners and relationships.
- Increased use of alcohol or drugs.

Adapted from: Treatment Protocol Project (1997). Management of Mental Health Disorders (2nd ed). Sydney: WHO Collaborating center for Mental Health and Substance Abuse *by:* Susan Charlton RN, BScN and Elizabeth Emberly RN, BScN (CDMHP, 2003)

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