



Treatment for Bipolar Disorder

People with autism can experience mental health conditions like bipolar disorder. Bipolar disorder is a lifelong mental health disorder. It can be treated and managed, but it cannot be cured. This resource will provide information about the treatments for bipolar disorder.

MEDICATION

Medications help by treating the mood changes between mania and depression. These types of medications are called “mood stabilizers.” People who have bipolar disorder take these medications long-term to prevent symptoms from coming back. Each medication has benefits and side effects. It will be important for the person to work closely with their doctor to find which medication is right for them.

PSYCHOTHERAPY

Therapy helps a person with bipolar disorder to manage symptoms of bipolar disorder. Therapy can help an individual learn to cope with their changes in mood. Therapists can also help a person develop strategies to improve their everyday functioning. Different types of therapy may be recommended depending on the individual’s needs. Family therapy or a more intensive therapy may be recommended to support a person.

CASE MANAGEMENT

People with bipolar disorder may also have multiple needs to support them in their everyday life. Case management is useful for individuals with bipolar disorder to coordinate their medical needs and to find additional community resources. This may include assistance with housing, employment, continuity of care, and community access.

PEER SUPPORT

Peer support programs can be very important. Peer support workers are people who have experienced similar situations or mental health conditions and have experienced success in their recovery. It is helpful to speak with others who have had similar experiences. A peer support can provide an emotional connection, support, and understanding without judgement.

HOSPITALIZATION

Hospitalization is recommended if there is a danger of a person hurting themselves or possibly someone else. A person is typically hospitalized for a mental health condition for a few days to a week or two, although rarely it can be for much longer. Hospitalization is used to make sure that the person is safe from harm. Following hospitalization, the doctor might recommend intensive outpatient treatment. It is used to give more support as the person transitions from the hospital back to his or her doctors.



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