

Mood Disorders

WHAT IS IT?

Mood Disorders are mental health conditions in which a person's mood is disturbed, such as Depression and Bipolar Disorder.

WHAT ARE THE SYMPTOMS?

- Sad or bored a lot of the time
- Feels hopeless
- Keeps to self a lot
- No enthusiasm/interest in normal activities
- Cries a lot for what seems like no reason
- Puts themselves down a lot
- Talks about dying or running away
- Hurts self or others
- Absent from school a lot or has poor performance
- Frequent problems with peers
- Often irritable and aggressive (more so than peers)
- Talks very fast and switches topics a lot



HOW IS IT DIAGNOSED?

Early diagnosis and treatment are important. Mood disorders are real illnesses that can be complex and need evaluation by a doctor.

HOW IS IT TREATED?

While medication is sometimes used to lessen the symptoms, family and individual therapy are equally as important in helping the students manage their illness.

WHAT CAN I DO?

- Encourage your students to talk and listen to them carefully without lecturing or criticizing
- Be patient and understanding
- Help your student have fun
- Help your student understand that treatment can help him or her get better
- Take any talk of suicide very seriously and get help
- Identify and lessen extreme mood triggers
- Develop a classroom plan for disruptive behavior

HOW CAN I FIND SUPPORT?

- Seek support from school administration if accommodations are necessary
- Review teacher-specific resources such as:
www.bpchildren.org/files/Download/Educator.pdf
www.thebalancedmind.org/learn/education-issues
www.schoolmentalhealth.org/Resources/Educ/ResEdu.html