

::: QUESTIONS FOR BIPOLAR ALLIES :::

Many 'normal' people who have a friend or loved one with bipolar disorder struggle to understand the experience (that's ok, it's impossible!). Here's how you can help open a productive line of communication – and better understand your role as an ally.

How to talk about bipolar with your friend or loved one:

- * Schedule a time to chat;
- * Come to listen and learn;
- * Ask some (or all!) of the questions below to help the two of you find your way to the same page.

10 questions to ask your friend or loved one with bipolar:

1. How are you feeling today?
2. Could you tell me about your experiences with depression?
3. Could you tell me about your experiences with hypo/mania?
4. How do you feel about the stigma that sometimes comes with a mental health diagnosis?
5. Which people in your life know about your bipolar diagnosis?
6. What can I do to help you through particularly difficult times?
7. What kinds of signs, symptoms, or behaviors (if any) can I help you look out for?
8. What should I do if I notice something concerning about your behavior?
9. What kinds of things trigger your symptoms? How can I help you avoid them?
10. Is there anything else you would like to tell me?

If you have read this far, you probably care deeply about someone who has bipolar disorder. Congratulations! That's the most important part of being an ally.