



Philadelphia Coordinated Health Care
a core program of PMHCC, Inc.

Empowerment through
education, **support** and advocacy

Tips for Supporting Individuals Experiencing **Mania**

- Remain supportive; be positive and never give up hope.
- Don't take what a person does in a manic or depressive state personally: It's not about you.
- Don't punish the person; they cannot control what is happening.
- Don't assume the person understands what they are doing is wrong; encourage to stop and think about what is happening.
- Try and maintain the person's usual routine; lots of changes may increase the manic or depressive episode in intensity and duration.
- Try and reduce stressors in the person's life; especially things that you know make them nervous or that anger/upset them.
- Keep your conversations short and relevant to the subject.
- Reduce stimulation in the environment; remove them or things that you know bother them.

For people experiencing mania or hypomania, subtle changes in the environment can help reduce the intensity and severity of the symptoms. For example, if a person is manic, try reducing the amount of light, noise, people and distractions from the environment. For a person who is depressed, try increasing natural light and color in the environment.

- Keep the person realistic. Do not feed into their manic episode or grandiose beliefs.
- Be encouraging; sometimes just giving someone an encouraging smile or kind words can make a difference.
- Seek appropriate professional help if the person becomes a danger to themselves or others. Seek appropriate professional help if the person has not been sleeping and the person's functioning, coping abilities and mental health is deteriorating.
- If manic, reduce the use of stimulants if possible. Examples are: coffee, caffeine, chocolate, sweets etc.
- If manic or depressed, keep conversations brief as the person may have frustration in focusing or concentrating or may be distracted. The more brief and concrete the conversations, the better.

****This information does not take the place of medical advice. Please seek a psychiatrist or medical professional if you support a person experiencing a mental health challenge.****