



Communicating to Someone with Bipolar

by NEWLIFEOUTLOOK TEAM

What Helps and What Hurts

If there's someone in your life with bipolar disorder, you may not know what to say to someone. It's difficult to understand what it's like to live with bipolar. We all have our ups and downs but not nearly to the extent of bipolar. So, coping skills such as finding the silver lining won't be enough for someone with bipolar. When you communicate, you should try to be supportive. Let the person with bipolar know that you're here to help and be sure to stress how much you appreciate that person in your life.

