**BIPOLAR DISORDER SELF-ASSESSMENT**

**If you answer “yes” to 1 or more of these statements it may be beneficial for you to schedule an appointment with an OTC counselor and to utilize our community resources that we have included in the links below.**

Has there ever been a period of time when you were not your usual self and...

1. You felt so good or hyper that other people thought you were not your normal self or were so hyper that you got into trouble?
2. You felt much more self-confident than usual?
3. You were so irritable that you shouted at people or started fights or arguments?
4. You were much more talkative or spoke much faster than usual?
5. You got much less sleep than usual and found you didn’t really miss it?
6. Thoughts raced through your head or you couldn’t slow your mind down?
7. You had much more energy than usual?
8. You were so easily distracted by things around you that you had trouble concentrating or staying on track?
9. You did things that were unusual for you or that other people might have thought were excessive, foolish, or risky?
10. If you answered YES to more than one of the above, have several of these ever happened during the same period of time?

If you’re thinking about suicide or are worried about someone else please call these hotlines or 911:

* National Suicide Crisis Line:  1-800-273-TALK (8255)  
  Is answered 24 hours a day and calls are transferred to cities all across the country to connect individuals with a trained professional who is based locally for the caller.
* State of Missouri Crisis Hotline for Hearing Impaired:  1-888-380-3328 (TTY)
* Veterans Crisis Line:  call 1-800-273-8255 and press 1.  You can also text to 838255.
* Local Crisis Hotline for the Springfield, Missouri Surrounding Area:  417-761-5555 (Burrell Behavioral Health)
* Help-Line for Self-Injury: 1-800-366-8288
* Crisis Text Line: Text HOME to 741741

<https://students.otc.edu/counselingservices/appointment-request/>

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