

Mania

People who are full of energy, are acting strangely happy, and who have very fast thoughts and speech may have an illness called mania.



What is mania?

They might



Walk round all night – no sleep

Get angry too quickly

Have strange or silly or very happy behaviour

Think they are the best or special in some way

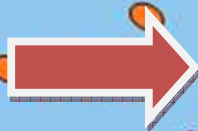
Talk too much and too fast and jumbled up

Have so much energy that they can't stop



What makes me manic?

These things can cause mania:



Poor physical health

Loss or bereavement

Too much stress

Too much Alcohol or Gunja or other drugs

Stopping usual treatments

Breaking Law / Lore

Family History (someone else in the family has the illness)



People with mania or depression can also have psychosis as well – and will usually need treatment for both problems - see the psychosis pamphlet



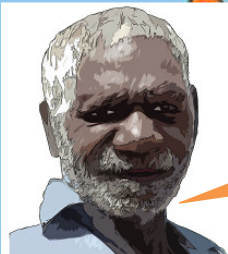
**What change helps
if you are manic?**

OUTSIDE CHANGES

**Family support
Elders
Traditional healer
Clinic Mob / Mental Health Mob
Mood stabilizer and/or
antipsychotic and/or anti anxiety
tablets with dosette or Webster
pack
Hunting, fishing, dance
Going to country
Stopping gunja, alcohol or other
drugs**

INSIDE CHANGES

**Know about treatment
Remember totems, family, elders
Remember what keeps you
strong (spiritually, physically,
socially and emotionally)
Make changes so that you are
doing what keeps you strong
(spiritually, physically, socially
and emotionally)
Think with your head not with
your heart**



**How do you
make change?**

**Everyone can make change - when they are ready
There are lots of different ways to change
Telling people they SHOULD change doesn't help
Letting them know you think they CAN change does help
Everyone changes in his or her own time
Small steps can lead to big changes**

**This information sheet is produced by AIMHI NT 2005 (updated 2008)
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