

**client:** Cyndee Davis  
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### copy excerpt

"Hi, how are you?"

It's a common greeting between people, but how do you answer? Most people respond, "Fine, thanks." But if you routinely alternate "Great, how are you?" with "I don't feel so good," there may be something else going on. Do you these feelings disrupt your work or personal life? Or do you have a child who goes between severe highs and lows, leading to difficulty at school? Life has its ups and downs, but when they're extreme, and you find yourself chronically feeling very good and very bad, or engaging in self-destructive behavior, contact our office to schedule an appointment for an evaluation.

Bipolar Disorder is also known as Manic Depressiveness, and there four types:

- **Bipolar I**—the patient experiences high-energy mania and depressing episodes, which can cause them to have difficulties with work, marriage/relationships, finances (including excess spending leading to bankruptcy), and other both-sides-of-the-spectrum behavior, some of which may be dangerous.
- **Bipolar II**—patients have depressive and hypomania episodes, but not to the extremes of Bipolar I with full-on manic or mixed episodes
- **Cyclothymic disorder**—a milder form of bipolar where a patient has the same episodes but don't meet requirements of a full Bipolar Disorder
- **Bipolar Disorder Otherwise Not Specified**—symptoms that don't fit into the first three categories, but clearly indicate that something is wrong or an individual is "not himself"

"Mania" is an episode of high-energy with an irritable mood, lasting anywhere from a few hours to more than a week. Mania can include rapid talking, racing thoughts, and sometimes an increase of goal-setting or productivity, as well as impulsive behavior like spending too much money, sleep problems (especially insomnia) or hypersexuality.

"Psychosis" describes an extreme condition where the patient has a distorted view of reality, and can't be dissuaded. He or she may be paranoid, believing someone is "out to get them." He or she may believe that s/he is a celebrity, have special powers or have a lot of money (sometimes leading to excess spending.)

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