

MOOD DISORDERS

Mood disorders present in a myriad of ways. Experiences of the condition – whether subtle or severe – will depend on the individual.

Depression

Major depression is perhaps the most common manifestation of the condition, which involves a persistent feeling of sadness or lack of interest in usual activities. Both exposure to stressful life events and genetic factors are associated with the onset of a major depressive disorder. Symptoms are debilitating, affecting almost every aspect of a person's social and professional life.

Other diagnosis include Melancholia, Dysthymic Disorder, Perinatal Depression, Psychotic Depression.

Bipolar Disorders

Bipolar I Disorder

This condition consists of both depressive and manic episodes. A manic episode is a period of abnormally and persistently high mood or irritable mood. During a manic episode a person may have a huge amount of activity and energy. It lasts for more than 1 week and is present nearly all the time.

Bipolar II Disorder

This condition consists of both depressive and hypomanic episodes. Hypomania means 'less than mania'. A hypomanic episode has the same symptoms as a manic episode but is less severe.

Maitland Private can treat individuals with mood disorders as inpatients or through the day programs. This program is based upon the Cognitive Behavioural Therapy (CBT) model. Individuals will attend group therapy, complete homework and assist learn about your thoughts, feelings and behaviour patterns.