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

They might think they are the best or special in some way.

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.
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

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?