



Maa-baap ki guide

✿ BIPOLAR

Aapka bachcha aur bade mood jhoole

Un maata-pita ki guide jinka teenage bachcha bina neend wale, tez chadhe hue mood aur bhaari udaasi ke beech jhoolta hai: tike hue roz ke kadam jo parivaar ko isse paar le jaate hain.

Yeh kiske liye hai: un maata-pita ke liye jinka teenage ya jawaan bachcha chadhe hue aur neech wale mood ke beech bade jhoolon se guzarta hai, doctor ne abhi kuch kaha ho ya nahi.

Srot: NICE, Bharat sarkar ka Tele-MANAS, aur peer-reviewed shodh.

Bhaashaayein: Angrezi, Hindi, Marathi, aur Kannada.

weave.clinic/family par muft padhiye

1

✿ KYA YEH AAPKA GHAR HAI

Teenage ke aam mood se kahin zyaada

✿ CHHOTA SA SAAR

Agar aapka teenage bachcha lambe samay tak behisaab tez urja aur lambe samay tak gehri udaasi ke beech jhoolta hai, to yeh aapka vehem nahi hai. Yeh aam moodypan se kahin zyaada hai. Yeh asli hai, ismein madad ho sakti hai, aur yeh aapki wajah se nahi hua.

Sabhi teenage bachchon ke mood badalte hain. Ve roothte hain, chidh jaate hain, aur der tak sote hain. Ek kharaab paper poora hafta bigaad sakta hai. Yeh bade hone ka aam hissa hai.

Kuch bachchon mein ye jhoole kahin bade hote hain. Ek hafte ya usse zyaada samay tak, ve din ke zyaadatar hisse mein had se zyaada khush mehsoos kar sakte hain, jaise "duniya ki choti par" hon. Ve aam dinon se kahin zyaada sakriya ho sakte hain aur aise kaam kar sakte hain jo ve aam taur par nahi karte. Doosre samay ve gehri udaasi mein doob jaate hain. Jab mood, urja aur bartaav, teenon ek hafte ya usse zyaada samay tak badle rahein, to yeh doctor ko dikhaane laayak hai.

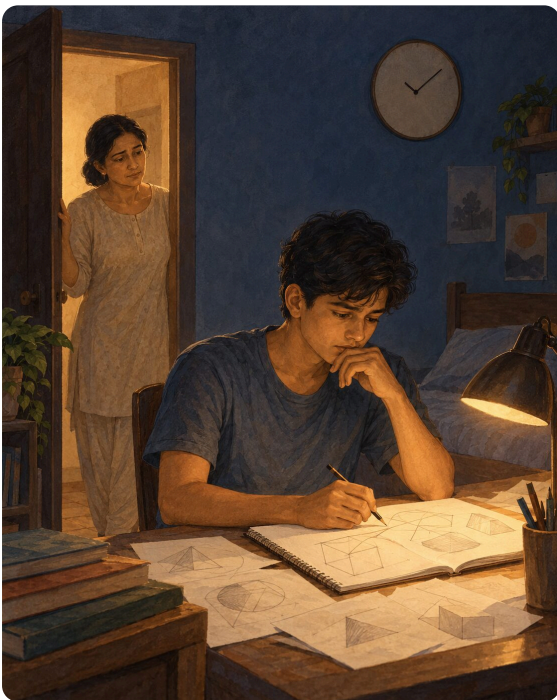
Is dharre ke liye jo doctori naam aap sun sakte hain, woh hai bipolar disorder. Sirf ek doctor hi bata sakte hain ki yeh naam aapke bachche par theek baithta hai ya nahi. Yeh kitaab aapke bachche par woh label nahi lagayegi. Yeh aapko is dharre ko saaf dekhne mein, aur yeh jaanne mein madad karegi ki kya karna hai.

Ye jhoole aksar jaldi shuru hote hain. Ek research team ne kai adhyayanon ko jodkar dekha, to saamne aaya ki is dharre wale aadhe ya usse zyaada logon mein yeh 18 saal ki umar se pehle shuru hua tha.

Aadhe ya usse zyaada

logon mein ye jhoole 18 se pehle shuru hue

Agar yeh abhi aapke ghar mein shuru ho raha hai, to yeh usi umar mein shuru ho raha hai jismein yeh aksar shuru hota hai. Bahut se parivaar theek wahin khade rahe hain jahan aaj aap khade hain.



Aadhi raat ke bahut baad tak jaagta Rohan, yojnaon se bhara, jabki poora ghar so raha hai.

Sunita ka beta Rohan 17 saal ka hai aur 12vi class mein hai. Pichhle mahine woh ek hafte tak mushkil se soya. Usne raat 3 baje apna kamra saaf kiya aur tez-tez bolte hue business shuru karne ki baatein keen. Woh har baat par hansta raha aur kehta raha ki garmiyon tak woh ameer ho jaayega. Usne apni coaching ki fees aisi cheezon par kharch kar di jinki use zaroorat nahi thi. Teen hafte baad woh bistar se uth nahi pa raha tha. Usne coaching jaana band kar diya, aur doston ko jawaab dena bhi. Sunita ki saas ne kaha ki woh bigad gaya hai. Sunita sochne lagi ki kahin yeh uski galti to nahi.

Yeh uski galti nahi thi. Dekhiye ki uske mood ke saath aur kya badla: uski neend. Rohan bahut kam soya, phir bhi woh thaka hua nahi laga. Neend ki gadbad in mood jhoolon ke saath aane wale sabse saaf dikhne wale badlaavon mein se ek hai. Der raat tak phone par jaagne wala teenager alag hota hai. Woh aam taur par agle din neend mein aur chidchida rehta hai.

● **YEH KARKE DEKHEIN**

Agle do hafte, har subah ek line likhiye. Aapka bachcha kitni der soya? Woh thaka hua laga, ya ulta josh se bhara? Aap koi nidaan nahi kar rahe. Aap woh dharra ikattha kar rahe hain jo doctor dekhna chaahenge.

2

✿ YEH ASAL MEIN HAI KYA

Yeh koi phase nahi, aur aapki galti bhi nahi

✿ CHHOTA SA SAAR

Aise jhoole sehat ki ek aisi sthiti se aate hain jo mood, urja aur neend par asar daalti hai. Ye na bura bartaav hain, na laad-pyaar se bigadna, na koi phase jiske guzarne ka bas intezaar kiya jaaye. Ye aapki wajah se nahi hue. Aap inhein akele theek nahi kar sakte. Aap bahut zyaada madad kar sakte hain.

Ab woh baat, jo aapke jawaab dene ka tareeka badal deti hai. Doctor in jhoolon ko sehat ki ek lambi chalne wali sthiti maante hain, jo aati-jaati rehti hai. Isliye koshish kijiye ki chadhe hue mood ya neeche wale mood ko ek chunaav, ya aapke liye koi sandesh na samjhein.

Chadha hua mood shuru mein ek bahut achche mood jaisa dikh sakta hai, jo din par din bana rehta hai. Aapka bachcha yojnaon se bhara ho sakta hai aur aam dinon se kahin zyaada sakriya ho sakta hai. Woh bahut zyaada kharch kar sakta hai, ya aise jokhim le sakta hai jo woh aam taur par nahi leta. Kuch bachchon mein chadha hua aur neeche wala mood ek saath, mila-jula aata hai. Sirf chidchida hona ya bahut bahas karna, apne aap mein, woh nahi hai jise doctor kam umar ke logon mein chadha hua mood maante hain. Chadha hua mood aapke bachche ko achcha lag sakta hai aur aapko daraavna, aur dono baatein sach hain.



*Main baar-baar poochhti rahi ki maine
kya galat kiya. Doctor ne kaha, uski
jagah yeh poochhiye ki abhi kya madad
karega. Us sawaal ka jawaab main de
sakti thi.*

Sunita, 17 saal ke Rohan ki maa

Ho sakta hai aap pehle hi bahut se faisle sun chuke hon. Bahut zyaada chhoot de di. Buri sangat. Bahut zyaada phone. Kisi ki nazar lag gayi. Sanyukt parivaar mein har kisi ki apni raay hoti hai, aur in sabke upar baitha hota hai "log kya kahenge".

In faislon ka bojh bhaari hota hai, aur ye research se mel nahi khaate. Parivaaron par hue ek bahut bade adhyayan mein dekha gaya ki yeh dharra parivaaron mein chalta hai. Khatre mein jo farak the, unke aadhe se zyaada hisse ko genes samjhaate the. Ek ghar mein saath rehne wali zindagi ne uska chhota-sa hissa samjhaaya. Kam neend aur zindagi ke dabaav kisi daur ko shuru karne wali wajah (trigger) ban sakte hain.

Ye teen baatein apne saath rakhiye. Yeh aapki wajah se nahi hua. Aap ise theek nahi kar sakte. Aap madad kar sakte hain.

Aur jaanna chahein to ^

Iska matlab yeh nahi ki koi niyam hi na hon. Aapke bachche ko ab bhi hadein chahiye, shayad pehle se bhi zyaada. Farak ismein hai ki aap unhein kaise thaamte hain. Koshish kijiye ki aap shaant, saaf aur pehle se tay tareeke se chalein, gusse mein aur achaanak nahi. Chadhe hue mood mein bahas jeetne ki koshish mat kijiye. Apni chinta ek baar, pyaar se kahiye, aur jab haalaat shaant hon tab us par waapas aaiye.

● YEH KARKE DEKHEIN

Agli baar jab aapke man mein aaye ki "woh mujhe chot pahunchaane ke liye aisa kar raha hai", to koi doosra vaakya aazmaaiye: "Abhi uski neend aur urja bigdi hui hai." Gaur kijiye ki kya aapka apna shareer thoda naram padta hai. Ek shaant maata ya pita pehle se hi madad ka hissa hain.

3

✿ SABSE ZYAADA KYA MADAD KARTA HAI

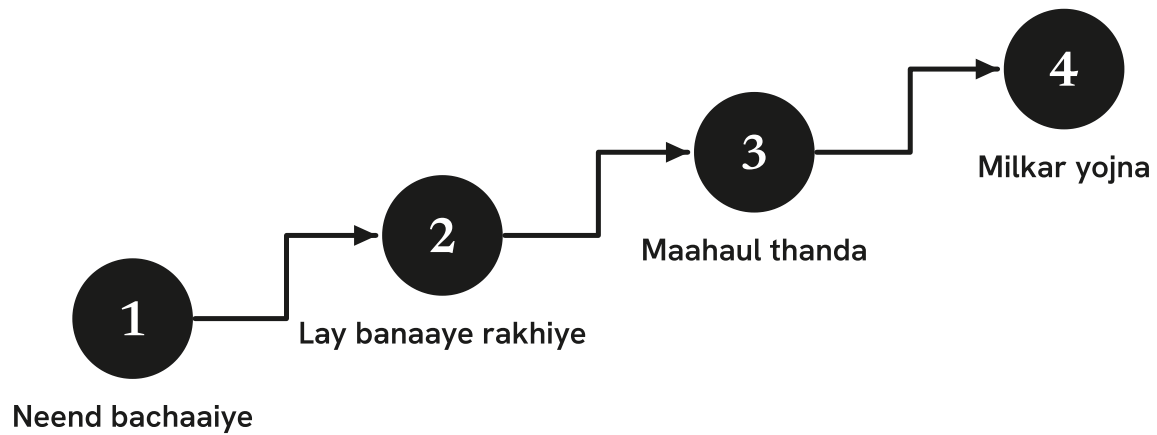
Ek shaant ghar aur ek tiki hui ghadi

✿ CHHOTA SA SAAR

Ghar par madad bhaashanon se kam judi hai. Yeh judi hai tiki hui neend se, roz ki ek niyमित lay se, shaant baatcheet se, aur ek aisi yojna se jo aap sab tab milkar banaate hain jab sab theek chal raha ho.

Aap jaise parivaaron ke liye ek khaas tarah ki madad bani hai. Ise parivaar ke saath milkar hone wali therapy (family-focused therapy) kehte hain. Ek therapist bachche aur maata-pita, dono ke saath kaam karte hain. Aap seekhte hain ki ye jhoole kaise chalte hain, kam garmaagarmi ke saath baat kaise karein, aur ek team banakar mushkilein kaise suljhaayein.

Ek chhote trial mein, kuch teenagers ko dawaon ke saath-saath parivaar wali yeh madad mili. Doosron ko teen session wala ek chhota parivaarik kaaryakram mila, woh bhi dawaon ke saath. Parivaar-therapy wale samooch ke bachche neeche wale daur se jaldi bahar aaye. Do saal mein unhone neeche wale mood mein kam hafte bhi bitaaye. Isse agla chadha hua ya neeche wala daur der se nahi aaya, isliye doctor ki dekhbhaal ab bhi zaroori hai. Aap apne bachche ke ilaaj ke kinaare khade darshak nahi hain. Aap uska hissa hain.



Ghar ka maahaul thanda rakhne ke chaar chhote, tike hue kadam, jo har din dohraaye jaayein.

Neend ko bachaaiye: sone aur uthne ka wahi samay, chhuttiyon mein bhi.

Din ki lay banaaye rakhiye: niyमित khaana, school, chalna-phirna, aur sone se pehle dheeme hona.

Maahaul thanda rakhiye: ek shaant vaakya, kam nuktacheeni, zyaada sunna.

Kisi shaant din par milkar yojna banaaiye, aur use jaldi kaam mein laaiye.

In sabke beech mein neend hai. Kam neend se agle din mood ko sambhaalna aur mushkil ho sakta hai. Aur dagmagaata mood, badle mein, raat ki neend bigaad sakta hai. Isliye shareer ki tiki hui ghadi rakhwaali karne laayak hai. Der raat phone, raat bhar ki padhaai, tyohaar aur shaadi ki raatein, sab ismein sendh lagaate hain.

Doosra bada kadam hai pehle se chetaane wali ek योजना. Kisi shaant din par saath baithiye. Apne bachche se poochhiye ki chadha hua ya neeche wala mood shuru hone par use sabse pehle kya mehsoos hota hai. Har ek ke liye teen sanket likhiye, aur yeh bhi ki aap dono mein se kaun kya karega. Doctoron ki guidelines salaah deti hain ki aisi योजना milkar banaayi jaaye, jismein shuruati sanket hon, aur yeh bhi ki kisse sampark karna hai.

Aur jaanna chahein to ^

Yोजना likhne mein apne bachche ko bhi shaamil kijiye. Milkar bani योजना teamwork jaisi lagti hai. Uske baare mein, uske bina bani योजना aisi lagti hai jaise us par nazar rakhi ja rahi ho. Ise chhota rakhiye, ek panne par ya apne phone mein. Ismein doctor ka number likhiye, aur yeh bhi ki kaun kisse phone karega. Har kuch mahinon mein, aur kisi bhi mushkil samay ke baad, ise phir se dekhiye.

YAAD RAKHIYE

Jitni baar aap tokte hain, usse zyaada baar achchi baat ko dekhkar zor se kehne ki koshish kijiye. Shaant aur pyaar bhara hona dheela hona nahi hai. Parivaar mein zyaada shaant baatcheet un hunaron mein se ek hai jo parivaar ke saath milkar hone wali therapy sikhaati hai.

● YEH KARKE DEKHEIN

Is hafte poore ghar ke liye neend ka ek pakka niyam chuniye. Jaise, raat 11 baje ke baad har phone bedroom ke bahar charge ho. Khud bhi ise maaniye, taaki yeh parivaar ka niyam bane, saza nahi.

4

✿ SCHOOL, PARIKSHA AUR JOKHIM

School, pariksha, aur der raatein

✿ CHHOTA SA SAAR

School ke saal apne saath board pariksha, coaching, der raatein aur nayi aazaadiyaan laate hain. Inmein se har cheez neend aur roz ke dharre mein sendh laga sakti hai. School ke saath aur apne bachche ke saath, pehle se ki gayi kuch baatcheet mushkil mahinon mein madad kar sakti hai.

Bahut se Bhartiya gharon mein 10vi aur 12vi aisi lagti hain jaise sab kuch inhi se tay hoga. Coaching der tak chalti hai, aur aksar sabse pehle neend hi katti hai. Bade mood jhoolon wale bachche ke liye yeh maayne rakhta hai, kyunki kam neend kisi daur ko shuru karne mein haath bata sakti hai.

Apne bachche ki razaamandi se, school se jaldi baat kijiye. Aapko har baat bataane ki zaroorat nahi hai. Class teacher ya counsellor ko bas itna jaanna hai ki ek doctor neend aur urja ke maamle mein aapke bachche ki madad kar rahe hain. Doctoron ke liye bani guidelines sujhaati hain ki agar bachcha raazi ho, to teachers ke saath milkar tay kiya jaaye ki use kaise sahaara diya jaaye. Poochhiye ki pariksha ke samay school ya board kya sahaara de sakte hain.



Rohan aur uski maa, pariksha ke mahinon ki yojna milkar banaate hue.

Board pariksha se pehle, Sunita Rohan ke saath, uske doctor ki di hui yojna lekar baithi. Dono ne sone ka ek tay samay maana, pariksha wale hafte mein bhi, aur raat bhar ki koi padhaai nahi. Woh uski class teacher se mili aur bas ek cheez maangi: agar Rohan bahut tez-tez ya bahut apne mein simta hua lage, to use jaldi bata dein. Rohan class mein top nahi aaya. Par woh bina dhahe parikshaon se nikal gaya, aur yeh zyaada badi jeet lagi.

Sharab aur nashe par bhi seedhi baat zaroori hai. Ye dawaon aur baatcheet wale ilaaj ke raaste mein aa sakte hain. Is par shaanti se baat kijiye, uske kamre ki talaashi liye bina. Poochhiye, suniye, aur jo pata chale woh doctor ko bataaiye.

Aur jaanna chahein to ^

Agar aapka bachcha ab jawaan ho chuka hai, college mein ya hostel mein hai, to cheezein badal jaati hain. Ab woh apne zyaada faisle khud leta hai, aur uski nijta maayne rakhti hai. Aap ab bhi uski razaamandi se yojna ka hissa banne ke liye keh sakte hain. Guidelines salaah deti hain ki pehle hi tay kar liya jaaye ki kya-kya bataaya jaayega, khaaskar jokhim ke baare mein. Milkar tay kijiye ki agar haalaat phisalne lagein to aapko kaun phone karega, aur kab.

● YEH KARKE DEKHEIN

Agle pariksha ke mausam se pehle, apne bachche ke saath milkar teen cheezein likhiye: sone ka ek tay samay, ek sanket jiska matlab ho "dheeme ho jaao", aur school mein koi ek bada, jise pata ho ki aapko phone karna hai. Yeh list fridge par laga dijiye.

5

✿ APNA KHAYAAL

Aap naakaam nahi ho rahe

✿ CHHOTA SA SAAR

Apne bachche ko chadhe hue aur neeche wale mood ke beech jhoolte dekhna daraavna bhi hai aur thaka dene wala bhi. Jo apraadh-bodh aur darr aap utha rahe hain, woh asli hai. Apna khayaal rakhna swarth nahi hai. Yeh aapke bachche ki madad ka hi hissa hai.

Ho sakta hai aap khud bhi theek se na so pa rahe hon. Ho sakta hai aap raat 3 baje jaagkar kadmon ki aahat sunte rehte hon. Ho sakta hai aap har bahas ko man mein baar-baar dohraate hon. Yeh kamzori nahi hai. Lambe khinchaav mein pyaar aisa hi dikhta hai.

Yeh aapki wajah se nahi hua, aur aap ise akele theek nahi kar sakte. Aap madad kar sakte hain, aur yeh tab aasaan hota hai jab aap khaali tanki par nahi chal rahe hote. Ek sambhle hue maata ya pita ilaaj ka hissa hain, koi alag se jodi gayi cheez nahi. Guidelines kehti hain ki maata-pita aur dekhbhaal karne wale doosre logon ko, jitni jaldi ho sake, unka apna sahaara aur jaankaari di jaani chahiye.

Sanyukt parivaar mein dabaav kai guna ho sakta hai. Rishtedaar aapki parvarish ko dosh de sakte hain, ya aapke bachche ki tulna chachere-mamere bhai-behnon se kar sakte hain. Kuch log aur sakhti, kisi teerth-yaatra, ya jaldi shaadi karaane tak par zor de sakte hain. Aapko har bahas jeetni nahi hai. Ek chhoti, sthir baat kaam aati hai: "Doctor hamari madad kar rahe hain, aur hum ek योजना par chal rahe hain."

Bhai-behen aapki soch se zyada dekhte hain. Ve dare hue, peechhe chhoote hue ya sharminda mehsoos kar sakte hain. Kuch sachche shabd madad karte hain. Unhein bataaiye ki unka bhai ya behen beemar hai aur use madad mil rahi hai. Unhein bataaiye ki aap unse pyaar karte hain, aur ise theek karna unka kaam nahi hai.

Aur jaanna chahein to ^

Ek aisa insaan dhoondhiye jo aapki taraf ho: aapka jeevansaathi, behen, koi dost, ya koi aur maata ya pita jo samajhta ho. Mushkil baat unke saamne zor se kahiye. Aapko yeh darr chupchaap akele nahi uthaana hai. Agar aapki apni neend, mood ya sehat gir rahi hai, to apne liye bhi doctor ko dikhaaiye.

 AAPKE SAATH

Jis raat aap chillaaye, aur phir bathroom mein akele roye, us raat ke liye yeh suniye. Jo maata ya pita apne bachche ko samajhne ke liye poori kitaab padhte hain, ve naakaam nahi ho rahe. Aap uske liye lad rahe hain. Apne saath utni hi narmi rakhiye jitni aap uske saath rakhna seekh rahe hain.

 YEH KARKE DEKHEIN

Aaj raat, ek aisi cheez ka naam lijiye jo aapne aaj maata ya pita ke taur par achchi ki. Shayad aap ek baar shaant rahe. Shayad aapne sone ka samay banaaye rakha. Sone se pehle ise khud se kahiye, ek hafte tak har raat.

6

✿ MADAD LENA

Madad lena, aur kab turant kadam uthaana hai

✿ CHHOTA SA SAAR

Ek doctor aapke bachche ko theek se dekh-parakh sakte hain aur aapke parivaar ke saath milkar ek yojna bana sakte hain. Kuch sanketon ka matlab hai, abhi kadam uthaiye, baad mein nahi. Agar aapka bachcha abhi isi waqt khatre mein hai, to 112 par phone kijiye ya sabse paas ke aspataal ki emergency mein jaiye. Tele-MANAS, 14416, man ki sehat ke liye sarkaar ki muft helpline hai, jo din-raat khuli rehti hai.

Aise man ki sehat ke doctor (psychiatrist) ya team ko dhoondhiye jinhein kam umar ke logon ke saath kaam karne ka anubhav ho. Guidelines kehti hain ki ek achchi yojna ke kai hisse hote hain: doctor ki dekhbhaal, parivaar ke liye madad, baatcheet se hone wali therapy, aur school mein sahaara. Apne neend wale notes aur kuch sachche udaaharan saath le jaiye. Inse doctor ko samay ke saath banta dharra dikhta hai.

Doctor aisi dawaon ka sujhaav bhi de sakte hain jo mood ko sthir rakhne mein madad karti hain. Kam umar ke vyakti ke liye yeh soch-samajhkar liya jaane wala faisla hai. Guidelines kehti hain ki aapke bachche ko is faisle mein shaamil kiya jaiye, agar woh raazi ho to aapki raay suni jaiye, aur ise niyमित रूप से dobara dekha jaiye. Apna har sawaal poochhiye, aur har faisle ka hissa bane rahiye.

Jhoolon ki dono tarafein khatra la sakti hain. Doctor aise jokhimon ki jaanch karte hain jaise behisaab kharch, khatarnaak tareeke se gaadi chalaana, apna khayaal na rakhna, khud ko chot pahunchaana aur aatmahatya ke vichaar. Guidelines turant madad lene ki salaah deti hain, agar chadhe hue mood ka ya bahut gehre neeche wale mood ka shak ho, ya agar koi khud ke liye ya doosron ke liye khatra ban sakta ho. Kuch sanketon par intezaar mat kijiye.

Lagbhag bina neend ki raatein.

Kai raatein bahut kam ya bilkul neend nahi, saath mein bahut chadha hua mood aur tez bhaagdaud.

Tezi se badhta jokhim.

Behisaab kharch, khatarnaak tareeke se gaadi ya bike chalaana, ya doston ya ajnabiyon ke saath jokhim bhare faisle.

Gehraata hua neeche wala mood.

Na khaana, na apna khayaal rakhna, kamre se bahar na nikalna, ya marne ki ya khud ko chot pahunchaane ki koi bhi baat.

Jo asli hai, usse naata chhootna.

Aisi cheezein sunna ya dekhna jo doosron ko sunaai ya dikhaai nahi detin, ya ajeeb baaton par pakka yakeen karna.

Agar aapko lagta hai ki aapka bachcha abhi isi waqt khatre mein hai, to pehle madad lijiye. 112 par phone kijiye, ya sabse paas ke aspataal ki emergency mein jaiye. Uske saath rahiye, aur use akela mat chhodiye. Aisi cheezon tak uski pahunch kam kijiye jinse woh khud ko chot pahuncha sakta hai. Kisi bhi waqt salaah ke liye, aap Tele-MANAS ko 14416 par bhi phone kar sakte hain, jo man ki sehat ke liye sarkaar ki muft helpline hai. Aap apne liye salaah lene ke liye bhi phone kar sakte hain.

Agar aapka bachcha marne ki baat kare, to ise gambheerta se lijiye. Usse seedhe aur narmi se poochhiye: "Kya tumhare man mein apni zindagi khatm karne ke khayaal aa rahe hain?" Research mein dekha gaya hai ki poochhne se yeh khayaal uske dimaag mein nahi aata. Is par khulka baat karne se ye khayaal kuch halke bhi ho sakte hain. Phir suniye, paas rahiye, aur doctor ko saath lijiye.

Sachchi ummeed hai. Pehle bataaye gaye parivaar wale trial mein, doctor ki dekhbhaal ke saath parivaar ki madad ne teenagers ke neechle wale mood ko sthir karne mein madad ki.

YAAD RAKHIYE

Madad ke liye haath badhaane se pehle aapka pakka hona zaroori nahi hai. Ek chintit maata ya pita hona hi phone karne ke liye kaafi wajah hai. Jis madad ki zaroorat nahi thi use maang lena, us pal ko chook jaane se kahin behtar hai jo maayne rakhta tha.



*Jis bachche ka mood aaj itna upar-
neeche jhoolta hai, woh madad aur
saath khade parivaar ke sahaare,
zyaada tiki hui zameen pa sakta
hai.*

● YEH KARKE DEKHEIN

Aaj raat apne phone mein do number save kar lijiye: Tele-MANAS, 14416, muft helpline, aur aapke bachche ke doctor ka number. Unke saath hi shuruaati sanketon ki apni list bhi rakh lijiye. Yaad rakhiye ki 112 emergency ke liye hai. Phir zaroorat padne se pehle hi aap taiyaar rahenge.

YEH JAANKARI KAHAN SE HAI

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AUR PADHNE KE LIYE

● NHS: Bipolar disorder

Yeh guide samajhne mein madad karti hai. Yeh nidaan nahin hai. Uske liye doctor se milein.

● Kya sab kuch bahut zyada lag raha hai? **Sankat card padhein.** Madad ek panne door hai.

● Tele-MANAS, muft rashtriya helpline: **14416**. Kisi bhi samay, din ho ya raat. Bharat sarkar ki seva.

● Soch rahe hain ki kisi se baat karein ya nahin? **Padhein ki jaanch kaise hoti hai.** Koi jaldi nahin, koi dabaav nahin.