

BIPOLAR PSYCHOEDUCATION GROUP

INFORMATION AND EDUCATION
OFFERED TO PEOPLE WITH MENTAL
HEALTH DIFFICULTIES

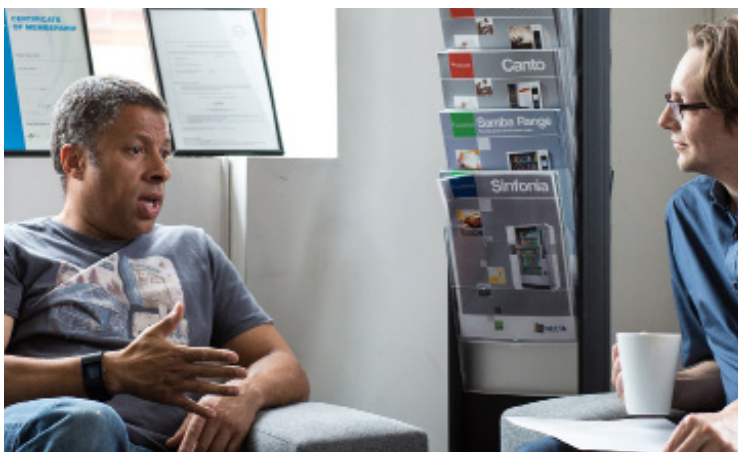


Have you got bipolar disorder? Are you interested in joining a group?

If you have a diagnosis of bipolar disorder and you can commit to weekly sessions for around six months - the bipolar psychoeducation group might be for you!

The group offers you the opportunity to:

- Put together your own relapse prevention plans
- Meet other service users with bipolar disorder
- Learn more about treatment options and coping strategies.



The group will be facilitated by a clinical psychologist, a nurse and a peer support worker. A psychiatrist will also join the group to facilitate the sessions based on medication and genetics.

If you wish to join the group, please speak to your consultant or care co-ordinator.

After you have been referred, a group facilitator will contact you and arrange to meet you and answer any questions you may have.

For further information please contact the Planned Care and Recovery Team

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**MAKING A
DIFFERENCE
FOR YOU,
WITH YOU**