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Northamptonshire
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Inspected and rated

Good



If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লফিলটেট যদা আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে

0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jeżeli się skrajutę norite gauti kitu formatu ar kalba, kreipitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.

#weareNHFT



Northamptonshire Healthcare
NHS Foundation Trust

BIPOLAR PSYCHOEDUCATION GROUP



 01604 682682

 nhft.nhs.uk



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

BIPOLAR PSYCHOEDUCATION

Psychoeducation is information and education offered to people with mental health difficulties.

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 purpose of the group is to provide more information to individuals with bipolar disorder.

WHAT HAPPENS AT THE GROUP?

The group focuses on:

- What bipolar disorder is
- Causes
- Treatment options (including medication)
- The course of bipolar disorder
- Early warning signs
- Coping strategies.

We will provide handouts each week, in order for members to have the opportunity for further reading.



WHO WILL ATTEND THE GROUP?

- Clinical psychologist
- Nurse
- Peer support worker

A psychiatrist will also join the group to facilitate the sessions based on medication and genetics.

JOIN THE GROUP

If you are interested in joining the group, please discuss this with your consultant or care co-ordinator and they will be able to refer you.

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

For further information please contact the Planned Care and Recovery Team

Tel: 01604 658 811

**Campbell House,
Northampton
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