

Living With Bipolar Disorders: 20th October - 27th October

Bipolar is a mood disorder characterised by extreme changes in mood.

Although we all have mood swings, in bipolar disorder these can become unmanageable and overwhelming.

We will look at:

- The facts and realities of bipolar disorders
- How it can affect our lives and relationships
- Common triggers and challenges
- How it is diagnosed, treated and how it is managed
- How you can support someone that you care about.

2 weekly sessions

Starts Wednesday 20th October

Online

16.00 - 17.00

Enrol with us, free to join



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