

Bipolar Support Group

***Meets 2nd Monday of
each month***

Dates for 2015

February 16th

March 9th

April 13th

May 11th

June 15th

July 13th

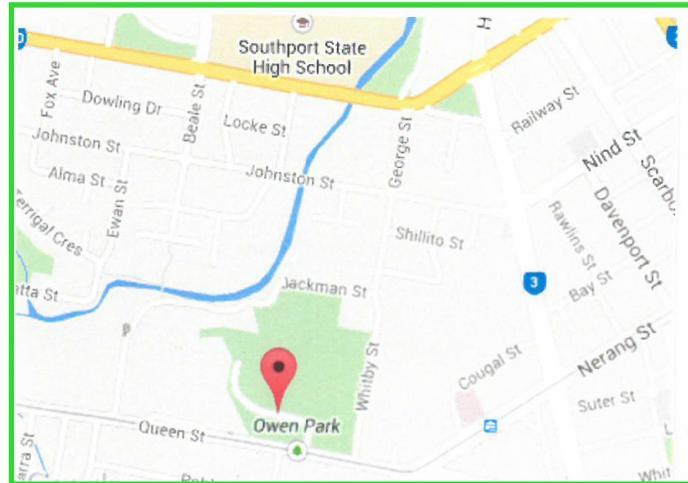
August 10th

September 14th

October 12th

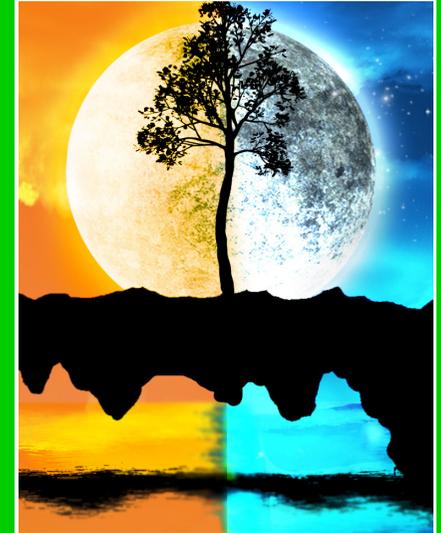
November 9th

December 14th



Bipolar Support Group

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**The Hubhouse
10 Mick Veivers Way
Southport 4215
55911750**

**Call Lou on
0435078654**

Bipolar Support Group

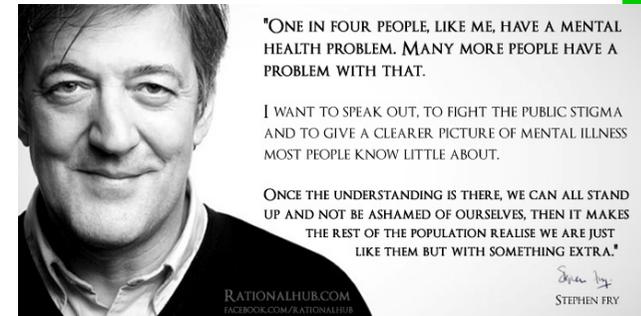
Bipolar affective disorder, formerly known as manic-depression, is a biological disorder of the brain characterised by debilitating mood swings. Education about the illness and learning to recognise early warning signs of an episode and how to take preventive action is important. Peer support can be particularly helpful in this way.

The objectives of the group include providing support for anyone with a diagnosis of Bipolar affective disorder. The group provides a safe and understanding environment for the expression of feelings and behaviours experienced by members.



People diagnosed with bipolar disorder can lead productive and fulfilling lives. They have quality of life, successful relationships and meaningful jobs when the illness is effectively treated.

The Bipolar Support Group is facilitated by Lou and Michelle. Lou has a lived experience of Bipolar and is happy to share his knowledge and experiences with group members. Amongst many other talents Lou is a musician and a peer support worker. Michelle is a credentialed mental health nurse with a strong focus on Recovery.



The Bipolar Support Group

- The aim of the bipolar support group is to promote self management and a sense of mastery over the disorder.
- To incorporate self help strategies in an attempt to minimise the impact of the disorder on the individual and those close to them.
- To increase knowledge about early warning signs, symptoms and management through lifestyle changes and medication.
- To enhance the level of self awareness and the ability to deal with the disorder.
- To create an ideas forum for effective coping mechanisms
- To enable the creation of support networks