

If you are interested in participating in the **BEPCymru** group sessions please fill in the form below and return to **Martina Svobodova** by post or fax or you can email your details:

Name:
D.O.B:
Address:
Tel:
Mobile:
Email:

Please let us know where you picked up this leaflet:

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Contact details:

FREEPOST RSEK-HXKK-JRXH

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www.bep-c.org



BEPCymru



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is funded by the
Big Lottery Fund



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About **BEPCymru**

BEPCymru is an exciting new group educational programme which aims to improve participants' understanding of bipolar disorder and also aims to provide benefits in terms of quality of life and experience of symptoms.

BEPCymru has been developed by **Professor Nick Craddock, Dr Ian Jones, Dr Danny Smith** and the Mood Disorders group at Cardiff University. We are now working with mental health professionals throughout Wales to deliver the programme.

BEPCymru BEPCymru is delivered at 10 weekly meetings with each session lasting for about 2 hours. The sessions consist of a combination of presentations, group discussions and some group exercises. We ask participants to make a commitment to do their best to attend all 10 sessions.

BEPCymru covers the following topics:

- Week 1:** Introduction
- Week 2:** What is bipolar disorder?
- Week 3:** What causes bipolar disorder?
- Week 4:** Lifestyle
- Week 5:** Monitoring mood and identifying triggers
- Week 6:** Early warning signature
- Week 7:** Medication
- Week 8:** Psychological approaches
- Week 9:** Friends and families
- Week 10:** Bringing it all together

Contact Us

If you have any questions about **BEPCymru** please contact **Martina Svobodova**, Project Co-ordinator – details on the back of this leaflet.

If you are interested in participating in the **BEPCymru** group sessions please fill in the form on the back of this leaflet. We will then contact you with more information and invite you to participate in the next available **BEPCymru** sessions.

Any information you provide is treated in strict confidence.

Clinicians, mental health professionals, self-help group leaders etc should contact **Martina Svobodova** for any of the following requests:

- Additional leaflets
- Further detailed information on **BEPCymru**
- Requests for a representative to meet with clients, staff or group members to provide further information on the benefits of participating in **BEPCymru**

BEPCymru