

- With knowledge comes a self-belief that you can exert greater control over your mood symptoms
- Gain confidence that, with help from your clinical care team, you are able to contribute to discussions about which treatments suit you
- The programme offers valuable interaction with other participants in the online discussion forum giving you the opportunity to share knowledge and experience with others

Beating Bipolar Programme has been funded by the National Institute of Health Research and the Big Lottery. Free access is offered to everyone with a bipolar disorder diagnosis and to healthcare professionals.

For more information and to register for Beating Bipolar go to

[www.beatingbipolar.org](http://www.beatingbipolar.org)

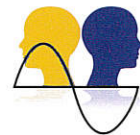
If you have any questions about Beating Bipolar please contact us:

**Email:** [bepc@cardiff.ac.uk](mailto:bepc@cardiff.ac.uk).

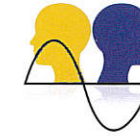
**Tel:** 029 2074 2038

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BeatingBipolar



BeatingBipolar

Internet based  
education for  
people with  
bipolar disorder

[www.beatingbipolar.org](http://www.beatingbipolar.org)



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# Beating Bipolar

Beating Bipolar is an internet based psychoeducation programme for people who experience bipolar disorder. The aims of the programme are to improve understanding of the condition and discuss various approaches which many have found to be beneficial.

The programme was developed by the Mood Disorders group at Cardiff University and is an enjoyable, engaging and effective intervention for people with a bipolar disorder diagnosis.

This interactive programme includes video content of both professionals and people with lived experience. Participants are encouraged to identify their triggers and what approaches have helped with their symptoms.

**Eight, 20 minute interactive modules cover the following topics:**

1. What is bipolar disorder
2. What causes bipolar disorder
3. Medication
4. Lifestyle
5. Relapse prevention and early intervention
6. Psychological Approaches
7. Partners, Families and Carers
8. Women and Bipolar Disorder

**Beating Bipolar gives you...**

- Free access to the 8 online modules
- Convenience and Flexibility – participate in the programme when you want to
- A "Personal Portfolio" storing information you have entered
- Access to an on-line forum moderated by an experienced clinician

**Beating Bipolar cannot provide...**

- Response to a crisis situation
- One to one session with a therapist
- Treatment for those currently experiencing an episode of mania or depression
- All the answers to complicated or detailed problems

**Why should you complete this programme?**

- To increase your knowledge and understanding about bipolar disorder
- It will hopefully be an interesting and enjoyable experience
- You will gain knowledge and skills to help you deal with bipolar disorder including - lifestyle approaches, knowledge of medications and psychological therapies useful in managing symptoms
- You will learn about simple but highly effective things that you can do to improve your quality of life

