

Bipolar UK self help support groups are open to anyone affected by bipolar.

For meeting details of the groups in Wales please telephone:

01633 244 244

or email
walesinfo@bipolaruk.org.uk

'A place where people, not their illness, come first!'

The Self Help Groups are run by Bipolar UK.

For more information about our services in Wales, please contact:

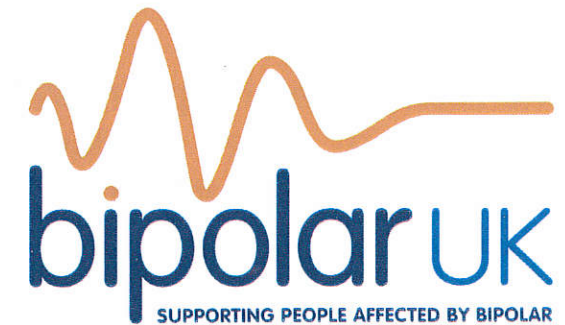
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Clarence Place,
Newport,
NP19 7AA
T: 01633 244 244
E: walesinfo@bipolaruk.org.uk

Bipolar UK
11 Belgrave Road
London
SW1V 1RB
T: 020 7931 6480
E: info@bipolaruk.org.uk

For more information about our self help groups, please contact:

Bipolar UK
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Herald Drive
Crewe
Cheshire
CW1 6EA
T: 01270 230 260
E: groupdevelopment@bipolaruk.org.uk

Website: www.bipolaruk.org.uk
Registered Charity No. 293340



Bipolar Self Help Groups

**Offering support to
anyone affected by
bipolar**

**Why not get in touch
with us now?**

The Bipolar Self Help Groups belong to the national network of local groups run by Bipolar UK.

Bipolar self help groups offer:

- Peer support through group discussion
- Useful information
- Social activities
- Guidance on managing mood swings

Group meetings are friendly, confidential and informal.

They are open to all individuals affected by bipolar, including those with a diagnosis, those pre-diagnosis, their family members, friends and carers.

In Wales we currently have active groups meeting in the following areas;

Abergele, Bangor, Barry, Bridgend, Cardiff, Carmarthen, Cwmbran, Chepstow, Dolgellau, Llandudno, Neath, Newport, Swansea, Tenby, Wrexham and Ystradgynlais.



Frequently Asked Questions

Q: Who runs the group?

A: The group is run by Bipolar UK and our volunteer facilitators (who usually are affected by bipolar themselves) lead the meetings.

Q: Do I have to say something at the group meetings?

A: You do not have to speak if you don't wish to, but everyone will have the opportunity to do so.

Q: Will I be expected to come to all the group meetings?

A: There is no commitment. You can attend as many or as few meetings as you want.

Q: Does the group campaign for better mental health services?

A: The group is there to provide peer support. However all the groups receive information from Bipolar UK about their developing campaign work.

Q: How can I join?

A: Groups operate on a drop in basis, so you can just go along to any meeting.