

## Course / Group title: Bipolar Support Group

### Description of the course (including the number of sessions)

This course is designed for individuals learning to live with Bipolar Disorder, to share views, experiences and support each other. Guest speakers are invited to the group and there are 'topic' weeks where specific issues can be discussed.

### Dates & times

Every 2 weeks on a Monday

### Venue

Ilkeston Library

### Benefits of attending the course

For individuals to support each other with a similar diagnosis, to develop coping strategies and to enable people to deal with their illness. There is also various books and information that people can access.

### Available to:

For people with a Bipolar Disorder who receive a service from Derbyshire Healthcare NHS Foundation Trust.

### How to book a place:

Contact Alycia Cauldwell (CPN) on 0300 123 3375. The group is usually facilitated by Alycia and in partnership with Derbyshire Peer Recovery and Peer Support Service

### To be included in which section :

Getting well



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