Tips for families, partners and carers

- A loved one with bipolar disorder may need your help to stay well.

  Try to be open and understanding about their condition. Ask them about their concerns and how you can help.

- Talk to the mental health professionals who are looking after them. Don't be afraid to ask questions and for advice.

- Don't assume that every small mood change or disagreement is related to the illness.

- Have a plan for what to do if your relative becomes unwell in the future.

- Learn as much as you can about bipolar disorder and possible treatments. There are useful links included in this leaflet and on ncmh.info, including a list of books on the subject.

- Talk to others who care for people with bipolar disorder They may have experienced similar situations and have useful tips. Organisations like Bipolar UK (bipolaruk.org) can help you to do this.

Useful websites

NHS Choices
Detailed information on bipolar disorder, including symptoms, treatments and where to get help.
nhs.uk/conditions/bipolar-disorder

Royal College of Psychiatrists
Information on many aspects of bipolar disorder, including downloadable leaflets in several languages.
rcpsych.ac.uk/expertadvice/problemsdisorders/bipolardisorder.aspx

Bipolar Education Programme Cymru
Details on the psychoeducation programme which aims to help people with bipolar to better understand and manage their condition.
ncmh.info/bepc

Bipolar UK
This organisation provides information and advice, and runs support groups and an online community for people with bipolar and their loved ones.
bipolaruk.org