

**A group education
programme for people with
bipolar disorder**

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education programme for people ZLWK ELSRODU GLVRUGHU

The programme is designed to help participants to better understand bipolar disorder, identify early warning signs of highs and lows, and develop skills and strategies to help manage the condition.

BEPC has been developed by the team at the National Centre for Mental Health at & DUGL • 8QLYHUVLW\ ZLWK IHGGEI participants.

We are now working with mental health professionals throughout Wales to deliver the programme.

The programme is delivered at 10 weekly meetings, with each session lasting for two hours. BEPC sessions consist of a combination of presentations, informal group discussions and short exercises.

Week 1	Introduction
Week 2	What is bipolar disorder?
Week 3	Causes of bipolar disorder
Week 4	Medication
Week 5	Psychological approaches
Week 6	Lifestyle approaches
Week 7	Monitoring mood and identifying triggers
Week 8	Early warning signature
Week 9	Friends and Families
Week 10	Bringing it all together
Week 11	Information session for friends and families (optional session)



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“ I’ve learned so much through attending these groups ”

“ It was wonderful to talk to other people who really understand what I’m going through - because they are going through it as well ”

“ I found the information provided was very useful, but found I learned a lot from other peoples experiences as well ”

“ It was good to see that my experiences in the group were considered to be “normal” by the other group members ”

“ We spent a lot of the time laughing – where else could you do this when talking about something like bipolar? ”



Winner of the *Innovation in Healthcare* prize at the British Medical Journal Awards 2014.

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