Bipolar Disorder

BIPOLAR
EDUCATION
PROGRAMME
CYMRU

leep... make sure you get enough

reatment... don't miss taking your medication

void... recreational drugs, and overdoing it with alcohol

e positive... there is lots you can do to keep well

ntervention... get help sooner rather than later

ifestyle... follow a regular routine

nform... yourself and your family about bipolar disorder

riggers... learn what makes you more likely to relapse

ou... can take control of your illness