

Bipolar Disorder

STABILITY



BIPOLAR
EDUCATION
PROGRAMME
CYMRU

Sleep... make sure you get enough

Treatment... don't miss taking your medication

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

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

Intervention... get help sooner rather than later

Lifestyle... follow a regular routine

Inform... yourself and your family about bipolar disorder

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

YOU... can take control of your illness

ncmh.info/bepec

NCMH
National Centre for Mental Health

Useful Websites

For more information about Bipolar Disorder and the support available from Bipolar UK visit

bipolaruk.org

For more information on Postpartum Psychosis visit:

app-network.org

Take part in bipolar disorder research

The National Centre for Mental Health is working to better understand bipolar disorder. To do this we need **your** help.

Helping with our research is easy - it involves completing an online survey which should take 10-15 minutes to complete.

To take part, visit ncmh.info/help



Ymchwil Iechyd
a Gofal Cymru
Health and Care
Research Wales

