

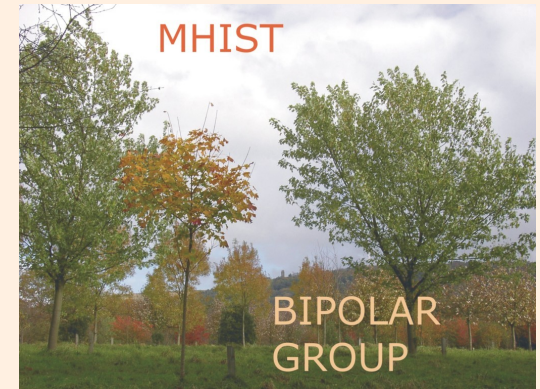
Bipolar Disorder is an illness that causes shifts in a person's mood, energy and ability to function. Different from the normal ups and downs experienced by most people, the symptoms of Bipolar Disorder can be severe.

It is now being recognised that a person's own perceptions of themselves and their situation can be improved, which has a beneficial effect on their mental wellbeing and stability.

Joining a self help group may be one way of bringing about positive changes to your life or someone else's.



MhIST
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MhIST Bipolar Group

is a self help group for people whose lives are affected by
Bipolar Disorder
(Manic Depression)
Meetings are held once a month
on the **1st Thursday of the month**
from **7pm till 9pm....**

Telephone for details or just come along.

MhIST Bipolar Group

Was formed in November 2004 after several enquiries had been made to the MhIST Office. Despite the existence of a “Depression Group” at MhIST it was felt there was a need for people in the Bolton and surrounding area with a diagnosis of Bipolar Disorder to share knowledge and concerns especially about treatment and medications.

Meetings have been held regularly since then and members have organised walks for friends/family and have met up for social events on a regular basis.

The facilitators/organisers of the group are MhIST volunteers and decisions about the running of the group are put to a vote.

The group is run according to MhIST’s guidelines.

MhIST is a registered charity, supporting several self help groups and offering a range of services to people with mental health problems.

What can I gain from being in a self help group?

- ◆ **Support from people who have similar experiences**
- ◆ **The reassurance that you are not alone**
- ◆ **Information**
- ◆ **Self esteem**
- ◆ **A different perspective**
- ◆ **A chance to meet new people**

How does it work?

Members of the self help group WILL NOT

- ◆ **tell you what to do**
- ◆ **judge you**
- ◆ **put you under pressure to speak if you do not wish to**

Members of the self help group WILL

- ◆ **make you welcome**
- ◆ **share knowledge**
- ◆ **treat you with respect**
- ◆ **respect your confidentiality**
- ◆ **give you the opportunity to speak your mind**
- ◆ **listen without judging**
- ◆ **help you find out about your illness and available treatments/medications**