

The group is open to anyone affected by bipolar, in Yeovil and surrounding areas.

Just turn up at a meeting, or phone 0845 434 9920

The Yeovil Self Help Group is run by Bipolar UK:

For more information about our services and how we can support you, please contact

Bipolar UK
11 Belgrave Road
London
SW1V 1RB
T: 020 7931 6480
E: info@bipolaruk.org.uk

For more information about our self help groups, please contact

Bipolar UK
2 Macon Court
Herald Drive
Crewe
Cheshire
CW1 6EA
T: 01270 230260
E: groupdevelopment@bipolaruk.org.uk

For more information about our service in Wales, please contact

Bipolar UK
Clarence House,
Clarence Place,
Newport,
NP19 7AA
T: 01633 244244

Website: www.bipolaruk.org.uk
Registered Charity No: 293340



Yeovil Bipolar Self Help Group

Offering support to
anyone affected by
bipolar

Why not get in touch with
us now?

Jan 2012

The Yeovil Bipolar Self Help Group belongs to the national network of local groups run by Bipolar UK.

Bipolar self help groups offer:

- Peer support through group discussion
- Useful information
- Social activities
- Guidance on managing mood swings

Group meetings are friendly and informal. They are open to all individuals affected by bipolar including those with a diagnosis, those pre diagnosis, families, friends and carers.

The group meets on:

First Tuesday of every month at 7.00 p.m.

**At:
The Gateway Centre
Yeovil
BA20 1QN**



FAQs

- Q: Will I become unwell by meeting other people with similar mental health problems?**
- A:** The more you understand about bipolar, the more likely you are to be able to help yourself manage the condition.
- Q: Who runs the group?**
- A:** The group is run by Bipolar UK and our volunteer facilitators (who usually are affected by bipolar themselves) lead the meetings.
- Q: Do I have to say something at the group?**
- A:** No, you do not have to speak if you don't wish to, but everyone will have the opportunity to do so.
- Q: Will I be expected to come to all the meetings?**
- A:** No, there is no commitment. You can attend as many or as few meetings as you want.
- Q: Does the group campaign for better mental health services?**
- A:** No, the group is there to provide peer support. However all groups receive information from Bipolar UK about their developing campaigning work.
- Q: When can I join?**
- A:** You can join the group at any time!