

## Take part in BEPC

If you are interested in taking part in BEPC group sessions, complete the form below and return to us by post, or email us your details. We will then contact you with more information, and invite you to participate in the next available BEPC session.

Name:

Date of Birth:

 /  / 

Address:

Tel:

Mobile:

Email:

Where did you pick up this leaflet?

## Contact us

If you have any questions about BEPC, contact us at:



**bepc@cardiff.ac.uk**



**029 2068 8399**

FREEPOST RTEX-XTEL-AYUY  
Bipolar Education Programme Cymru  
Hadyn Ellis Building  
Maindy Road  
CARDIFF  
CF24 4HQ

You can also visit our website for more details:

**[www.ncmh.info/bepc](http://www.ncmh.info/bepc)**



BIPOLAR  
EDUCATION  
PROGRAMME  
CYMRU

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



Ymchwil Iechyd  
a Gofal Cymru  
Health and Care  
Research Wales



Ariennir gan  
Lywodraeth Cymru  
Funded by  
Welsh Government



**NCMH**  
National Centre for Mental Health  
Canolfan Iechyd Meddwl Genedlaethol

## BEPC is an award winning group education programme for people with bipolar disorder.

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 Cardiff University with feedback from course 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.



## BEPC topics

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)

## What people say about BEPC

" 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? "

the**bmj**awards

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