

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

www.ncmh.info/bepcymru

Useful Websites

To learn more about our education programme for people with Bipolar Disorder visit:

www.ncmh.info/bepcymru

For more information about our work with the National Centre for Mental Health (NCMH) visit:

www.ncmh.info

For more information on Postpartum Psychosis visit:

www.app-network.org

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

www.bipolaruk.org.uk



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a Gofal Cymru
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