a guide to bipolar disorder
Bipolar disorder is a serious, chronic (long-term) condition where you have periods of depression (‘lows’) and periods of mania or hypomania (‘highs’). Treatment with ‘mood stabilisers’ such as lithium or anticonvulsant medicines aims to keep your mood within normal limits.

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Pregnancy and bipolar disorder
If you are planning to become pregnant, or if you have an unplanned pregnancy, you should contact your doctor or specialist mental health team as soon as possible. You may need a change to your medication. This is because there may be a risk to the development of your unborn baby with some of the medicines used to treat bipolar disorder. However, do not stop any medication abruptly without first speaking to a doctor.

Further help and information
MDF The BiPolar Organisation
Castle Works, 21 St George’s Road, London SE1 6ES
Telephone 0845 634 0540
www.mdf.org.uk

MDF - The Bipolar Organisation Cymru
22-29 Mill Street, Newport
South Wales NP20 5HA
Telephone 08456 340 080
www.mdfwales.org.uk

Mind
15-19 Broadway, London E15 4BQ
Telephone 0845 766 0163
www.mind.org.uk

Provides information, support and advice for people with bipolar disorder and their carers.

Mind is the leading mental health charity in England and Wales. They work to create a better life for everyone with experience of mental distress.
A Guide to Bipolar Disorder

Depression Alliance
212 Spitfire Studios, 63-71 Collier Street
London N1 9BE
Telephone 0845 123 23 20

www.depressionalliance.org

Provides information and support services to those who are affected through publications, support services and a network of self-help groups.

The STEADY project
www.steady.org.uk

A self-management training programme for young people (aged 18-25) with bipolar disorder. Self-management training is designed to give people a comprehensive understanding of the concepts, tools and techniques involved in learning to self-manage extreme mood swings.

The website provides information on how to find out about the next available course.

References


Evidence-based guidelines for treating bipolar disorder: revised second edition British Association for Psychopharmacology (March 2009)
Bipolar Disorder, Clinical Knowledge Summaries (February 2009)
Inspire Mental Health works with and for people with mental illness to ensure they live healthy, productive lives and are supported to achieve their full potential within all aspects of their lives. We provide a range of supported accommodation including floating support that supports over 400 people per year. Day opportunities and recovery focused services are provided to over 1000 people per year and our advocacy services touch the lives of thousands every year.

We also provide a range of community support services for people over 60 leaving hospital or who have become socially isolated to help them reintegrate into society.

We provide support to people with Personality Disorders, who self-harm and who are in prison. We also provide support to young mothers struggling with parenting and their mental wellbeing.

Inspire

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