



THE
HOBART
CLINIC

Excellence in Mental Health

Balancing Bipolar Disorder

This 8 week program is designed for people experiencing Bipolar who want to understand the illness and learn how to manage it more effectively.

It provides:

- Information on what Bipolar Disorder is and how it is diagnosed
- Identifying, assessing and monitoring stressors and triggers
- Treatment approaches including medication
- The role genetics play
- The creative side of Bipolar
- Managing Bipolar from mania to depressive symptoms
- Relapse prevention
- Group discussion where you learn from each other

Program details:

Where: City Clinic
Level 1/175 Collins St

When: Friday 1.00pm - 4.00pm
Starts 19th June

How much does it cost?

Costs are usually covered by your private health fund. In some circumstances you may incur an out-of-pocket expense. Administration staff can review your private health arrangement and inform you if this is the case.

How to join:

If you are interested in attending, please discuss this with your treating doctor who can provide a referral. More information can be provided by the MindHub staff.

For registration and further information contact call 6247 9960 or info@thehobartclinic.com.au GP referral and private health insurance is required.

City: Level 1, 175 Collins St, Hobart TAS 7000
Eastern Shore: 31 Chipmans Rd, Rokeby TAS 7019
P. (03) 6247 9960 F: (03) 6247 6439
E. info@thehobartclinic.com.au
www.thehobartclinic.com.au