



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 Street

**When:** May 2021

---

## 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](mailto:info@thehobartclinic.com.au)  
GP referral and private health insurance is required.**

---

**City:** Nipaluna Country, Level 1, 175 Collins St, Hobart TAS 7000  
**Eastern Shore:** Trumanyapayna Country, 31 Chipmans Rd, Rokeby TAS 7019  
P. (03) 6247 9960 F: (03) 6247 6439  
E. [info@thehobartclinic.com.au](mailto:info@thehobartclinic.com.au)  
[www.thehobartclinic.com.au](http://www.thehobartclinic.com.au)