



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 diagnosis 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: Starts Friday 29th October
10.00am - 1.00pm

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 call 6247 9960 or email info@thehobartclinic.com.au GP referral and private health insurance is required.

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