



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.

PROGRAM 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

FACILITATORS

Dr Michael Davie - Consultant Psychiatrist & registrar

HOW TO JOIN

If you're interested in attending, you will need to discuss this with your treating doctor who can provide a referral. More information can be provided by the program staff.

PROGRAM DETAILS

Eastern Shore Clinic

31 Chipmans Road, Rokeby

Time

Wednesdays 10am-12:30pm

Starts 1st May - 19th June 2019

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.

Registration and further information call 6247 9960 or info@thehobartclinic.com.au

GP referral and private health insurance is required.

