

Wed, October 16, 2019

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## Bipolar Scotland



Bipolar Scotland is a user-led voluntary sector organisation that provides information, advice and support to people with Bipolar Disorder, their friends, relatives, carers and interested professionals.

We work hard to provide the most up-to-date information available and to direct new and innovative projects to ease the difficulties that bipolar disorder can cause.

- We promote, develop and co-ordinate a network of self help groups throughout Scotland.
- We work to reduce stigma and improve knowledge and understanding of Bipolar Disorder among professionals and the general public.
- We run a successful self management training programme for our members.

## Further Information and Contact Details

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