

The **Rugby** Bipolar Support Group belongs to the national network of local groups run by Bipolar UK.

Bipolar UK support groups offer:

- Peer support through group discussion
- Useful information
- Social activities
- Guidance on managing mood swings

Group meetings are friendly, confidential and informal.

They are open to all individuals affected by bipolar, including those with a diagnosis, those pre-diagnosis, their family members, friends and carers.

The group meets on:

**Fourth Tuesday
of every month**

7.00pm to 9.00pm

At:

**Benn Partnership Centre,
Railway Terrace,
Rugby
CV21 3HR**



Frequently Asked Questions

Q: Who runs the group?

A: The group is run by Bipolar UK and our volunteer facilitators (who usually are affected by bipolar themselves) lead the meetings.

Q: Do I have to say something at the group meetings?

A: You do not have to speak if you don't wish to, but everyone will have the opportunity to do so.

Q: Will I be expected to come to all the group meetings?

A: There is no commitment. You can attend as many or as few meetings as you want.

Q: Does the group campaign for better mental health services?

A: The group is there to provide peer support. However all the groups receive information from Bipolar UK about their developing campaign work.

Q: How can I join?

A: Groups operate on a drop in basis, so you can just go along to any meeting.

The group is open to anyone affected by bipolar, in **Rugby** and surrounding areas.

Just turn up at a meeting

or email

rugby@bipolarukgroups.org.uk

‘A place where people, not their illness, come first!’



Improving mental health through peer support

The **Rugby** Support Group is run by Bipolar UK.

For more information about our Support Groups, please contact:

T: 0333 323 3885

E: groupdevelopment@bipolaruk.org

Or visit our website at

www.bipolaruk.org

Bipolar UK provides a range of services supporting people affected by bipolar.

Information & Support

T: 0333 323 3880

E: info@bipolaruk.org

Link Mentoring

T: 0333 323 4458

E: mentoring@bipolaruk.org

Youth Service

T: 0333 323 4459

E: youth@bipolaruk.org

eCommunity

www.bipolaruk.org/ecommunity

Registered Charity No. 293340

Registered Office

11 Belgrave Road, London, SW1V 1RB



Rugby Bipolar Support Group

Offering support to anyone affected by bipolar

Why not get in touch with us now?