

Bipolar Explorers

Are you interested in being part of a group that explores issues about manic-depression/bipolar...

Is bipolar an illness like physical illnesses?

Is bipolar "just who I am"...a core aspect of people's personality?

Whilst medication can be part of the solution, can it also sometimes be part of the problem?

Can mania be thought of as a reaction to stress?

How important is sleep in avoiding manic states?

When people come off medication are the rebound effects sometimes interpreted as 'relapse' rather than withdrawal?

What do people find helpful when in manic or depressive states?

How challenging can it be to live with someone diagnosed as bipolar?

What are the good things about being manic? Is the middle ground always best?



It is hoped that the group might bring people together who:

(i) wish to explore such questions

(ii) want to learn from each other

(iii) want to find new ways of thinking about and coping with difficulties.

P.T.O.

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The group is open to anyone – you may have been diagnosed as bipolar, know someone who has, or have an interest in this area. Numbers will be limited to 10. Priority will be given to people who can attend all the meetings.

Venue: The Lantern, Meadow Farm Drive, Shrewsbury

Dates: Mondays 1-3pm:

21st March; 28th March; 4th April; 11th April; *Break of 3 weeks*;
9th May; 16th May; 23rd May.

Group organisers: Guy Holmes and Dylan Hartley.

Guy is a local psychologist with an interest in this area. Dylan has been diagnosed as bipolar and has lectured on diagnosis and medication at Birmingham University.



*How much contemporary culture is a result of
the creative work of 'bipolar people'?*

To reserve a place, get more information or arrange
an appointment to discuss the group email
guy.holmes@nhs.net or tel 01743 254050