

Useful Help lines:

Edinburgh Crisis Centre: 0808 801 0414

Samaritans: 08457 90 90 90

Breathing Space: 0800 83 85 87

NHS 24: 111

Mental Health Assess Service 0131 537 6000

Useful Websites:

www.lothianbipolargroup.org.uk

www.bipolarscotland.org.uk

www.scottishrecovery.net

www.edspace.org.uk

www.health-in-mind.org.uk

www.advocard.org.uk

www.edinburghcarerscouncil.co.uk

www.supportinmindscotland.org.uk



Bipolar Scotland aim to:

- Provide information, support and advice for everyone affected by bipolar including carers, family and friends
- Promote self-help throughout Scotland
- Inform and educate everyone about the condition
- Challenge stigma by raising awareness of the condition

Contact details

Bipolar Scotland

Studio 1015, Mile End Mill

Abbeymill Business Centre

Seedhill Road

Paisley PA1 1TJ

Telephone: 0141 560 2050

email: info@bipolarscotland.org.uk

website: www.bipolarscotland.org.uk

LOTHIAN BIPOLAR

SELF HELP

SUPPORT GROUP



WHO ARE WE?

The Lothian Bipolar Self-Help group is part of a national network associated with and supported by Bipolar Scotland.

Our meetings are free and open to anyone affected by bipolar disorder including partners family and friends. No need to be referred, just turn up on the night and you'll be made very welcome!

The aim of the group is to provide a comfortable & confidential space for sharing experiences of living with bipolar and learning new ways of managing the condition.

The group is co-facilitated by people with lived experience of bipolar disorder and the atmosphere is warm, welcoming, supportive and informal.



WHAT DO WE DO?

Although the main function of the group is mutual peer support we also strive to promote wellness and regularly invite speakers along or have group discussions to learn more about various interesting and relevant topics. Information packs are available at meetings.

We spend the second half of the meeting chatting over coffee, tea & biscuits which are available for a small charge.

The group meets up socially throughout the month for coffee and a chat or cinema and often go along to watch ice hockey matches. We also organize healthy activities such as walking, swimming and going to the gym. Details of the social meet ups can be found on our website calendar which is updated regularly.

We have a group for young adults with experience of bipolar aged between 18-30 and hold one gathering every month.

WHERE & WHEN?

THE STAFFORD CENTRE

1st Thursday of every month

7-9pm

103 Broughton Street,

Old Town,

Edinburgh EH1 3RZ

Tel: 0131 557 0718

Web: www.staffordcentre.org.uk

Group Contact Details

email: info@lothianbipolargroup.org.uk

website: www.lothianbipolargroup.org.uk



Bipolar Edinburgh and Lothians

/18to30