



Mental Health Information Station Bipolar Disorder online resources

SUPPORT

Bipolar Scotland

W: www.bipolarscotland.org.uk/

Lothian Bipolar Group

W: lothianbipolargroup.org.uk/

We're a group of people who want to provide information, peer support and self-management guidance to individuals affected by bipolar. Group members have their own experience of bipolar and we help each other to stay well. We do this by meeting regularly in friendly and supportive environments. Meetings are currently happening on Zoom due to Covid-19 restrictions, see the site for joining instructions.

INFORMATION

Information about Bipolar

W: www.nhsinform.scot/illnesses-and-conditions/mental-health/bipolar-disorder

Bipolar UK information leaflets

W: www.bipolaruk.org/information-leaflets

PHONELINES AND CHAT ONLINE

Bipolar UK: W: www.bipolaruk.org/support-line

Mind: W: www.mind.org.uk/information-support/helplines/ Infoline: 0300 123 3393 Legal line: 0300 466 6463

ReThink: W: www.rethink.org/aboutus/what-we-do/advice-and-information-service/?utm_source=button&utm_medium=button&utm_campaign=advice

Apps: W: www.bipolaruk.org/blog/apps-for-managing-mood

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