

Stop Paddling / Bipolar Recovery

Stop Paddling / Bipolar Recovery mission statement:

To understand bipolar and to share this knowledge with:

- people who believe they have the disorder
- those who try to help anyone with the disorder
- the general public



Understanding Mood Disorder

- A full day course is available anywhere in the UK.

If you have not experienced highs and lows that are so extreme as to have wrecked your life it is difficult to grasp the seriousness of clinical depression and bipolar disorder.

Information is provided for people who experience mood swings (depression and/or mania) and for people living and working alongside those with mood disorders.

There is a balanced approach considering the medical view and that of people who have lived through the extremes and why there is plenty of hope for the future.

Outline

Prior to the course we can work with clients to tailor the topics to be covered and the emphasis to be placed on each. For example: Some clients require extra information on support for people with mood disorder and disabilities, whilst others may need to know more about clinical depression or local organisations and support. Most often we cover all of the following topics:

- From feelings to moods
- Mood charts and life charts
- Prevalence, diagnosis and spectrum
- Causes, stressors, triggers
- Recovery / discovery / stigma
- Mood mapping
- Support / local support

Courses typically start at 10am with a consideration of how people can better understand their feelings, emotions and moods. The course can finish at 4, 4:30 or 5pm, as agreed at time of booking. Your facilitator will be available to answer questions until at least 5pm.

Contact: www.stoppaddling.com/contact

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