



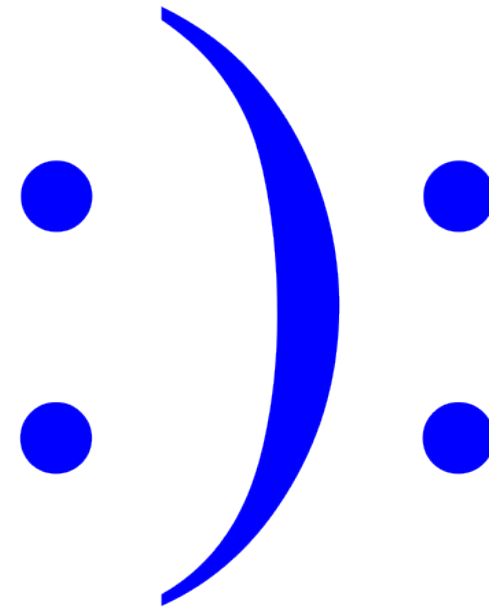
Stirling Integrated Community Mental Health Services.

**Livlands Resource Centre.
Stirling Community Hospital.
Livlands Gate.
Stirling
FK8 2AU
Tel: 01786 446913**

Referral Criteria:

The Resource Centre offers treatment for people who have been assessed and meet our criteria for a moderate/severe mental health problem which can be treated within our group programme

Please note: to access the Resource Centre and the treatment programme a referral needs to be made via a GP, Consultant Psychiatrist or other NHS mental health team.



Bipolar Education Group

What's the group about?

The aim of the group is to assist you with your fluctuations in mood, by helping you to identify and understand how bipolar disorder affects your life and how to cope with the difficulties you experience.



The objectives of this 12 week group are:

1. To explore the symptoms and coping strategies for managing bipolar affective disorder.
2. To help recognise early warning signs and explore strategies to manage mood.
3. To focus on links between behaviour and thoughts through large and small group discussion and homework tasks.
4. To explore practical ways of coping with and stabilising mood.
5. To encourage uptake of coping strategies.
6. To identify and challenge thinking patterns.
7. To provide a safe, supportive group atmosphere to address the above.