



Bipolar UK: 32 Cubitt Street, London,
WC1X 0LR

Charity Number: 293340

www.bipolaruk.org

Get Support

We're the national charity dedicated to supporting individuals with the much misunderstood and devastating condition of bipolar, their families and carers. Each year we reach out to and support over 80,000 individuals through our range of services.

Peer support line: receive a call back within 3 working days from a staff member or volunteer who has been affected by the diagnosis themselves.

To arrange a call back, email info@bipolaruk.org or to book a call with us directly you can utilise our chatbot booking system.

Click on the chatbot which pops up on our website- www.bipolaruk.org/ and type in 'I would like to speak to someone.'

eCommunity: our eCommunity is a supportive online forum for everyone affected by bipolar. Join via our website bipolaruk.org/ecomunity.

Peer support groups: receive peer support in a group environment. It is free to attend and no booking is required. Find your local support group online at bipolaruk.org/find-a-support-group



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