

AYRSHIRE BIPOLAR SELF-HELP GROUP

If you live with Bipolar Disorder and you'd like to share information, advice and experience with other people in a similar situation, please do come along to the Ayrshire Bipolar Group. We meet on the 1st Tuesday of every month (7-9pm) in Ayr Action for Mental Health, Strathyre House, 42 Prestwick Road, Ayr KA8 8LB and you're very welcome to join – no referral needed! We're a friendly bunch and we're also open to friends, family, carers and partners of people with a bipolar diagnosis – anyone whose life has been affected by the condition. This is your chance to share advice and insights in a friendly non-clinical setting and meet new people. Our group also has occasional guest speakers who can talk about bipolar disorder from a range of angles. We're affiliated to Bipolar Scotland and you can learn more about the national organisation at www.bipolarscotland.org.uk. It costs nothing to attend our group and we hope to see you there 😊!!

