



THE
HOBART
CLINIC

Excellence in Mental Health

Balancing Bipolar Disorder

This 8 week program is designed for people experiencing Bipolar who want to understand the diagnosis and learn how to manage it more effectively.

Intended outcomes of the program are:

- Information on what Bipolar Disorder is and how it is diagnosed.
- Identifying, assessing and monitoring stressors and triggers
- Treatment approaches including medication
- The role genetics play
- The creative side of Bipolar
- Managing Bipolar from mania to depressive symptoms
- Relapse prevention
- Group discussion where you learn from each other

Where:

Mind Hub
Level 1/175 Collins Street Hobart

When:

Starts 20th of June
8 week program
9.30am-12.30pm

How much does it cost?

Costs may be covered by your private health fund. You may incur an out-of-pocket expense.

How to join:

Please discuss with your GP who can provide a referral to us.

For further information call
6247 9960 or email
info@thehobartclinic.com.au.

GP referral and private health insurance is required.

City: nipaluna country, Level 1, 175 Collins Street, Hobart
Eastern Shore: naniyilipata country, 31 Chipmans Road, Rokeby
P. (03) 6247 9960 F: (03) 6247 6439
E. info@thehobartclinic.com.au
www.thehobartclinic.com.au