



We're here for you

Peer support groups

In-person and online support groups led by trained volunteers affected by bipolar

Peer support line

Email us or book a call for information, advice and support

eCommunity

A friendly forum that's open 24/7 for anyone affected by bipolar

“ The peer support group began to share, and I started to realise this was the right place for me. I shared about a time I was feeling invincible on a long drive and I believed I was controlling the traffic. There was a circle of nodding faces and warm smiles. I felt a lifting of shame, embarrassment, and the fear of being judged. I wasn't alone!”

Emma Belle

Bipolar UK Ambassador



Let's talk at bipolaruk.org

Track your mood

You can use this Mood Scale with our Mood Diary and/or our new Mood Tracker app to keep track of your moods and to help spot your patterns, triggers and any early warning signs of a relapse.

This scale is not meant to be definitive but is an indicator of possible behaviours

MANIA	10	Total loss of judgement, exorbitant spending, religious delusions and hallucinations.
	9	Lost touch with reality, incoherent, no sleep, paranoid and vindictive, reckless behaviour.
HYPOMANIA	8	Inflated self-esteem, rapid thoughts and speech, counterproductive simultaneous tasks.
	7	Very productive, everything to excess (phone calls, writing, smoking, tea), charming and talkative.
BALANCED MOOD	6	Self-esteem good, optimistic, sociable and articulate, good decisions and get work done.
	5	Mood in balance, no symptoms of depression or mania. Life is going well and the outlook is good.
	4	Slight withdrawal from social situations, concentration less than usual, slight agitation.
MILD TO MODERATE DEPRESSION	3	Feelings of panic and anxiety, concentration difficult and memory poor, some comfort in routine.
	2	Slow thinking, no appetite, need to be alone, sleep excessive or difficult, everything a struggle.
SEVERE DEPRESSION	1	Feelings of hopelessness and guilt, thoughts of suicide, little movement, impossible to do anything.
	0	Endless suicidal thoughts, no way out, no movement, everything is bleak and it will always be like this.

Bipolar UK is the only national charity dedicated to supporting people affected by bipolar. Our mission is to empower everyone living with bipolar to live well and fulfil their potential.

Let's talk at info@bipolaruk.org