



## Help 100 people in your district access life-saving services

1 in 50 people are living with bipolar but with an average 9.5 years to get a diagnosis – many are not getting the treatment and support that could help them stay well.

For every person living with the condition – 5 more people are closely affected by family and friends – that is 1 in every 10 of us!

Bipolar UK supports everyone affected by bipolar including family, friends and colleagues.

### **Raise Awareness:**

- Watch and share our 3-minute [Could it be bipolar?](#) video
- Take and share our free 20-minute [‘Understanding bipolar’ eLearning course](#)
- Distribute support services leaflets in your community (GPs, hospitals, colleges etc)  
Contact us at [rotary@bipolaruk.org](mailto:rotary@bipolaruk.org) to request leaflets
- Organise an awareness raising/ fundraising event for **World Bipolar Day – 30<sup>th</sup> March**  
<https://www.bipolaruk.org/rotary-world-bipolar-day>
- Join our Pole-to-Pole challenge <https://register.enthuse.com/ps/event/Poletopole>

### **Raise funds:**

- £500 funds life-saving support for 100 people for a month
- You may be able to access match-funding and support twice as many people \*

(\*£5.06 allows one person to access our services for a month)

Bipolar UK's services include:

- One-to-one call back/email
- Local/ national support group
- eCommunity (24/7)
- Website and digital resources

### **For more information about our partnership:**

<https://www.bipolaruk.org/rotary>

Contact us at [rotary@bipolaruk.org](mailto:rotary@bipolaruk.org)