

# Self Management Survey Results

April 2020



# Q1

Following your diagnosis, did you receive any advice on self-management of your bipolar?

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Total number of respondents: 235

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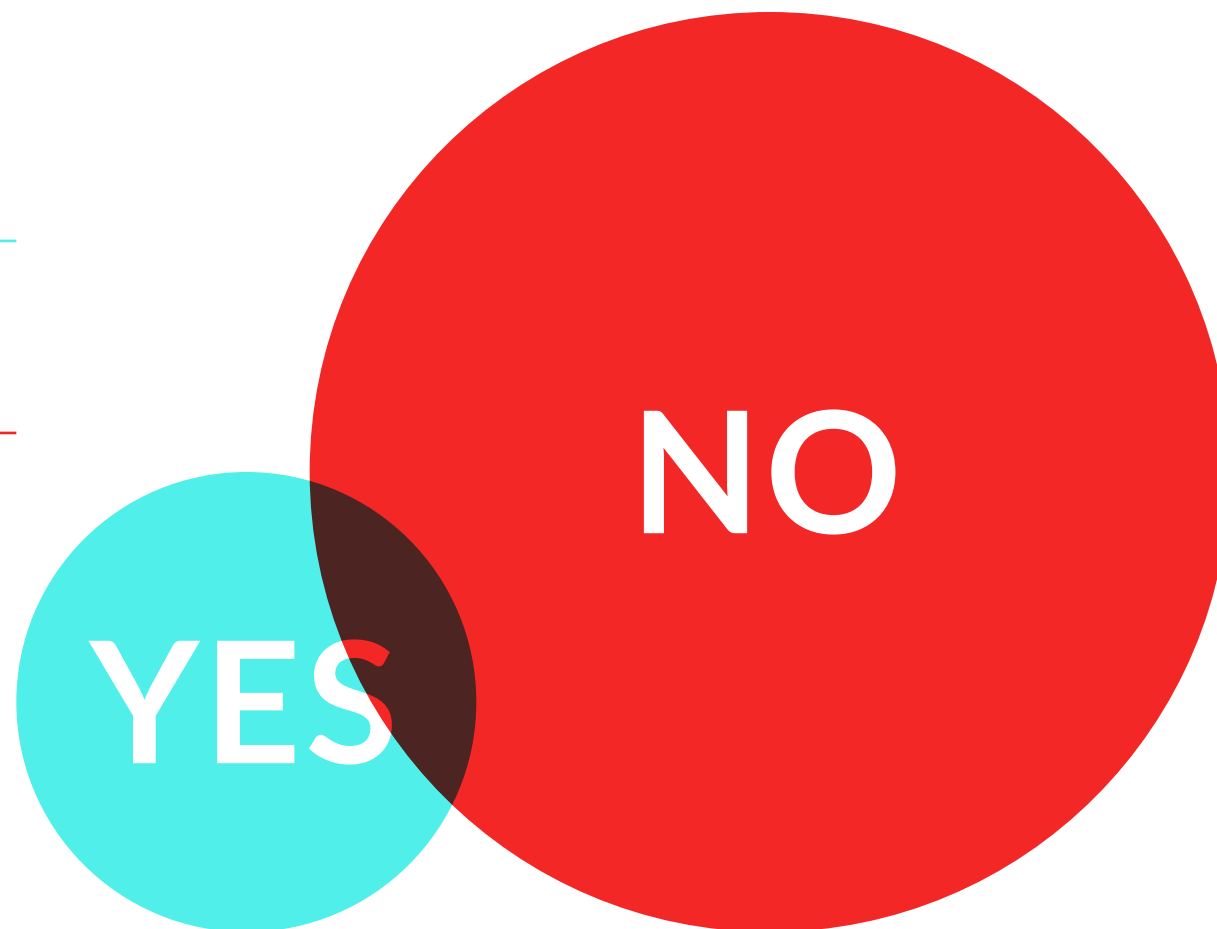
YES

79 / 33.62%

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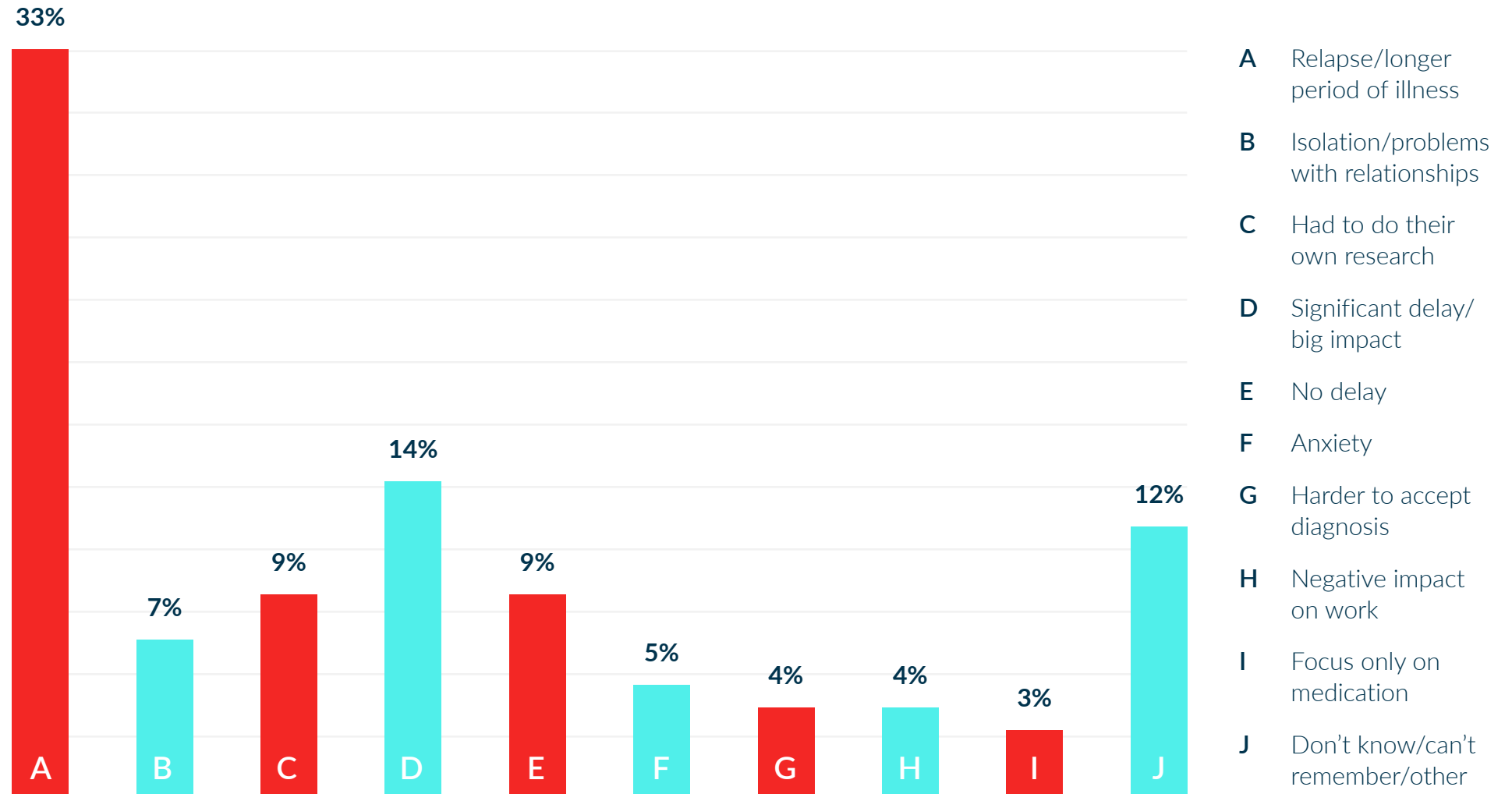
NO

158 / 67.23%



# Q2

## What impact did the delay in self-management advice have?



# Q2

## What was the impact of the delay?

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Two Psychotic episodes one of which the end outcome seen me sectioned in 2014. It was only after this point in time that I really made it my own responsibility to educate myself a hell of lot more about my condition as I was never really aware of what was available in terms of self coping mechanisms. I did this by investing in various books and making myself aware of Mental health websites and charities.

Felt less empowered to take control of my condition in learning how to live with it.

Repeated hospital admissions which added to the existing trauma already experienced.

Basically did not cope... on a day to day basis... until I found Bi-polar UK in a local support group after a very lonely frightening journey when most family and friends had closed off from me.

# Q3

How many people did you know who had bipolar when you were diagnosed?

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