

Rotary World Bipolar Day Campaign

Bipolar is a severe mental health condition. **1 in 50** people are living with bipolar in the UK. It takes **9.5 years** to get a diagnosis. The suicide risk for someone with bipolar is **20 times higher** than for someone without. With the right treatment and support – people can and do live well with bipolar.

World Bipolar Day – 30th March 2022

Help us reach out to your local community

- **Promote** Bipolar UK's [support services](#) available to everyone affected by bipolar
- **Fundraise** to help Bipolar UK grow its services and support more people in your community

Rotary in Great Britain and Ireland are working in [partnership](#) with Bipolar UK to increase support for people affected by bipolar by 20%

Email us Rotary@bipolaruk.org to receive more information and help us reach many directly affected by bipolar in your community.

£100 helps 10 people get peer support through our eCommunity

£500 helps 820 people find information via our website

£1000 helps 13 people access online group support

'I felt a huge weight lift from me, along with a lifting of shame, embarrassment and fear of being judged. I realised I didn't need to hold these thoughts and beliefs about myself. I wasn't alone!' Emma – talking about her experience of a Bipolar UK support group

Thank you for your support. Together we can make a real difference and save many lives.