



FOR IMMEDIATE RELEASE

## **New Bipolar Support Group Launched in Geelong**

*Geelong Bipolar Support Group helps people with bipolar care for themselves*

Geelong, VIC – November 17, 2016 – **Mind Works Geelong** and **bipolar life** (formerly Melbourne Bipolar Network) are launching a peer support group for people with bipolar in Geelong.

The Geelong Bipolar Support Group will hold its first meeting on Tuesday, November 22, 2016, from 6.30 pm to 8.30 pm at Mind Works, 284 La Trobe Terrace, Newtown.

“We’ve wanted to hold a bipolar support group for some time,” says Reid Maxwell, Manager of Mind Works Geelong. “An estimated 1,723 people in Geelong live with bipolar. Services to meet the needs of those people are strained, especially now that mental health services are the front line in handling people experiencing psychosis due to the ice epidemic.”

Both facilitators for the monthly support group both have lived experience of bipolar.

The first facilitator, Nicci Wall ran a similar group in Melton for a decade. Diagnosed in 2001 when she was 35, Wall felt isolated and found the support group overcame that.

The second facilitator, Daniel G. Taylor, who works as a mental health copywriter and speaker, had four psychotic episodes in the first five years he had bipolar. For the past 16 years he’s used evidence-based strategies to prevent a relapse of mania or depression.

Bipolar used to be known as manic depression and then bipolar disorder. People with bipolar find their moods are affected, swinging from the grandiose heights of mania to the dark pit of depression, while others experience mixed states. A third of people with bipolar commit suicide.

Many individuals with bipolar find support groups beneficial. Here’s what people who have attended bipolar support groups say about the benefits:

- “Being in a group totally free of judgement because you’re all experiencing similar problems is both calming and exciting.”
- “I have learned more about myself from others in the support group than I have from medical professionals and books.”
- “In the group, the sharing of and learning new techniques and strategies to reduce the impact of symptoms has greatly improved management of my triggers.”

Anyone with bipolar who wants to join the Geelong Bipolar Support Group simply needs to turn up on the night. The first meeting will be held on Tuesday, November 22, 2016, from 6.30 pm to 8.30 pm, at Mind Works Geelong, 284 La Trobe Terrace, Newtown. For further information, call Mind Works Geelong on 5222 5999.

### About Mind Works Geelong

Mind Works Geelong aims to alleviate the suffering and promote the wellbeing of people who have a mental health condition, their family and their friends. To achieve this goal, it operates from the recovery model, encouraging self-help and mutual support.

### About bipolar life

bipolar life works to support people with bipolar and educate people about bipolar. They run bipolar peer support groups across Melbourne.

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