Bipolar

What's the groups name?

- Chesterfield Bipolar Support Group

Where and when do they meet?

- Saints Parish Centre (next to the Crooked Spire), St Mary's Gate, Chesterfield
- 7pm - 9pm, first and third Wednesday of the month.

What does the group do?

- We provide support to all people affected by the bipolar (manic-depression) condition: those with the condition, carers, friends and family members. Members are encouraged to share any issues they may have with the group who provide support from their own experiences. However, there is no obligation to speak. From time to time we have guest speaker on a wide range of topics concerning mental health. We also have social activities such as meals out.

How do we find out more information?

Contact details:	Alistair Garret 01246 417722