

Bipolar Scotland
providing support at
the
earliest opportunity



However hard we
work, whatever plans
we make, we can only
ever achieve them
with the help and
support of people like
you.

Contact us

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Become
a friend...

BIPOLAR DISORDER

There is no cure for Bipolar Disorder... but our support transforms lives.

Bipolar Scotland is Scotland's national charity for everyone living with Bipolar Disorder – friends, family, carers and people with a diagnosis.

2-3% of Scotland's population (156,000 people) live with bipolar disorder so we all know someone with a diagnosis – a relative, a friend, a neighbour, a workmate.

Currently, people with Bipolar are twelve times more likely to be unemployed than their fellow citizens... and their life expectancy is often 10-15 years shorter.

These are figures we'd all like to change and – with your support – we will.



Become a Friend...

Becoming a Bipolar Scotland Friend keeps you closer to our day to day work. Friends commit to support by contributing at least £3 a month. Regular giving is incredibly important as it allows us to carry out work not funded by traditional trusts and funds. This means we can take action on issues vital to those affected by bipolar disorder. All of our members are greatly valued, but we acknowledge the generosity of those who are able to become a Friend.

Individual Friend Membership

From as little as £3 a month, you can become a Friend of Bipolar Scotland and receive benefits, including:

- A quarterly newsletter
- A membership badge
- On The Level Magazine
- Invitation to our Annual Conference

Joint Friend Membership

You and your partner can become a Bipolar Scotland Friend from as little as £4 a month.

To join us and become a friend please contact:
info@bipolarscotland.org.uk
or call us on 0141 560 2050.



What we do.

- We maintain a helpline for people seeking advice and information on how to control this condition.
- We organise support groups throughout Scotland where people can share advice, information and experience.
- We challenge stigma and discrimination wherever it exists.
- We offer free courses where people can learn to manage the condition.

All these things improve quality of life, reduce hospital admissions and hold families together .

