

# STEP

Short Term  
Educational  
Programme

**NHS**

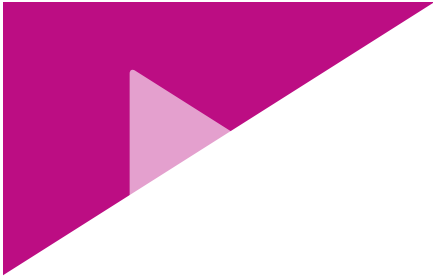
Sheffield Health  
and Social Care  
NHS Foundation Trust

## ▶ Bipolar Self Management Course

Information leaflet

This course aims to provide support to anyone who has an associated diagnosis of Bipolar Disorder.






The Bipolar Self Management Course is a psycho-educational programme which aims to provide support to people with a diagnosis of Bipolar Disorder on different ways to self-manage their symptoms.

Running over nine weeks the course is an opportunity to meet other people with this diagnosis, share experiences and learn new skills that can help prevent future relapse or reduce the impact of episodes.

### How do I know if it is for me?

If you would like to attend one of our courses you need to be:

- Able to manage being in a group for up to two hours.
  - Willing to learn new ways of managing Bipolar Disorder.
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- Interested in trying new skills both in the session and at home.

If you're not sure if the course is for you, you can speak with one of the team and ask any questions you may have before you agree to be referred.

Just give us a call on [0114 226 2660](tel:01142262660) and ask to speak to a course facilitator.


### What should I do if I'm interested in attending?

If you would like to attend the Bipolar Self Management Course you need to discuss it with your GP or mental health worker.

They will need to refer you to the course.

When we receive your referral we will offer you an enrolment appointment.

This will give you an opportunity to meet the team and ask any questions you may have.



## The Bipolar Self Management Course

The course runs over nine weeks, with a two hour session every week.

We have carefully designed the course to cover the wide range of challenges that people experience in their life due to Bipolar Disorder.

We'll focus on the symptoms that have a significant negative impact on areas of your day-to-day life, including:

- Family
- Relationships
- Work
- Money
- Social life

The course also looks at the extreme mood swings that you may experience.

We'll look at the highs (mania) and the lows (depression), and help you identify the early warning signs.

We understand the stress that mood swings can put you under and the strain it can

have on not only your mental, but physical wellbeing.

With Bipolar Disorder you may have episodes of depression more regularly than episodes of mania, or vice versa.

Between episodes of depression and mania, you may sometimes have periods where you have a 'normal' mood.

The course will explore ways in which we can better recognise these episodes, better manage your mood and how we can reduce any negative impact on our wellbeing.

## Short Term Educational Programme

The Short Term Educational Programme, also known as STEP, offers courses for a range of mental health problems.

All of our courses are carefully designed and facilitated by experienced staff, alongside volunteers and experts by experience.

### Get in touch

Our courses run at various times throughout the year.

If you would like to find out more about one of our courses you can get in touch with us using the below contact details:

#### Address

Short-Term Educational Programme  
Fourth Floor  
The Circle  
33 Rockingham Lane  
Sheffield  
S1 4FW

#### Telephone

0114 226 2660

#### Website

To find out more visit [www.shsc.nhs.uk/step](http://www.shsc.nhs.uk/step)