

Take part in BHEC

If you are interested in taking part in BHEC group sessions, complete the form below and return to us by post, or email us your details. We will then contact you with more information, and invite you to participate in the next available BHEC session.

Name:

DOB:

Address:

Tel:

Mobile:

Email:

Please tell us where you picked up this leaflet:

Contact us

If you have any questions about BHEC, contact us at:



invictahealth.mentalhealthreferrals@nhs.net



0800 242 5199

Primary Care Mental Health Service

Invicta Health
Northgate Medical Practice

1 Northgate
Canterbury
Kent
CT1 1WL

**PRIMARY CARE
MENTAL HEALTH
SERVICE**

**BIPOLAR
HEALTH
EDUCATION
COURSE**



**Self referral
or Via:
GP, Community Mental Health Team,
or other allied Health & Social Care
Services**

Aims & objectives of BHEC

The Primary Care Mental Health Service is currently offering a 13 week Health Education course for individuals who have a confirmed diagnosis of Bipolar Disorder.

The aim of the course through attendance is to support individuals to manage their Bipolar Disorder and work towards recovery by providing information about the condition, its treatment, management of phases of illness and access peer support within a group setting.

Course Content

- Introduction and 'what is Bipolar Disorder?'
- Causes and triggering factors
- Symptoms 1: Manic and mixed episodes
- Medication for mania and mood stabilisers
- Symptoms 2: Depression and mixed episodes
- Medication for depression
- Evolution and prognosis
- Medication for mania and mood stabilisers
- Medication for depression
- Pregnancy and genetic counselling
- Alternative therapies – risk of treatment withdrawal
- Plasma levels of mood stabilisers
- Physical health checks
- Psychoactive substances
- Early detection of episodes
- What to do; regularity of habits

What people say about

BHEC

'It has been most informative and I have gained a lot of knowledge. It is good to listen to other people's experiences'

'I look forward to coming each week and meeting the other people and completing the session.'

'In this open environment, we felt reassured that we could talk, learn and grow.'

'I have gained a lot of insight about a condition I have had for 17 years. I just wish I had the opportunity to do this course when I was first diagnosed.'