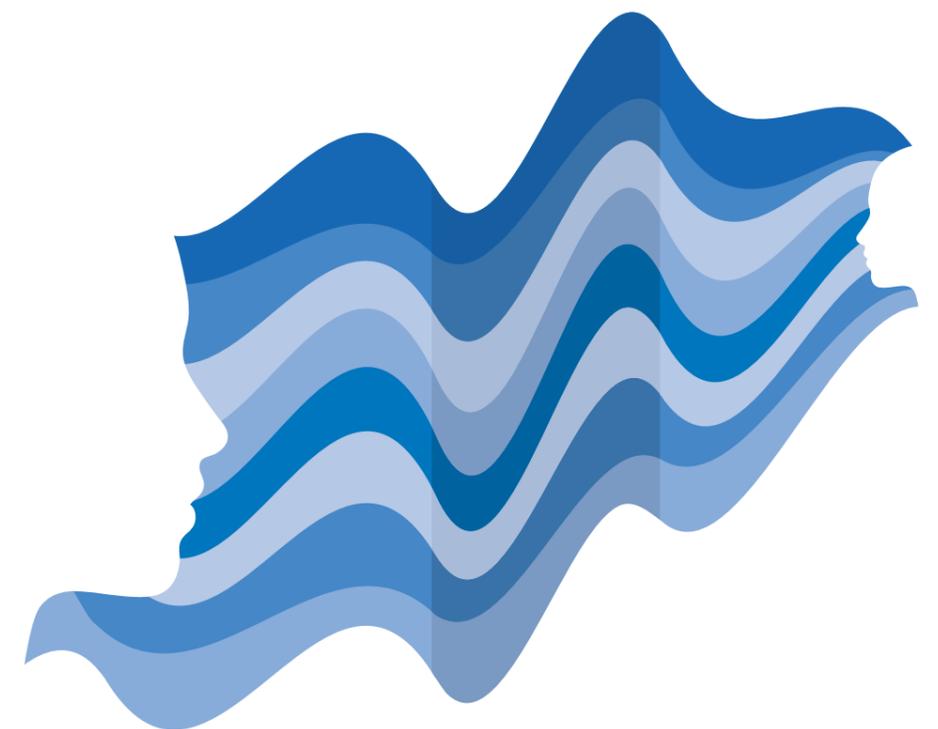




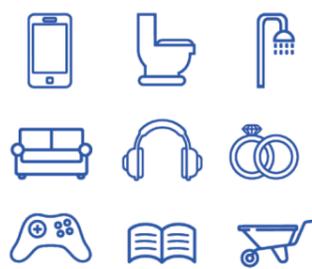
Sussex Partnership
NHS Foundation Trust

How we can help and support you:
A Guide for Bipolar
Mood and Anxiety Clinical Academic Group (maCAG)



How we can help and support you: A Guide for Bipolar Mood and Anxiety Clinical Academic Group (maCAG)

This is a brief summary of how we can help and support you if you are an adult experiencing Bipolar. We usually provide the following support and treatments. We will ask you what would help you most.



Daily Life

We will aim to offer information and support around education, work, coping with day to day life, social needs and housing needs.



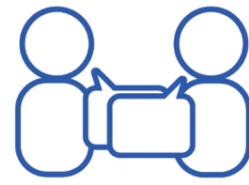
Friends and Family

We will aim to involve family, friends, carers and others with your consent.



Medication Treatment

We will aim to offer information and choice on medication to help encourage and support you in understanding that medication is often central to managing your mood and aiding recovery. The medication prescribed will be informed by the best evidence.



Psychological Therapies

We will aim to offer you a range of talking therapies. This will be at an appropriate level for your problem. This may include self-help, short-term therapy and specialist therapies: cognitive behaviour therapy (CBT), behavioural activation, interpersonal therapy, dynamic interpersonal therapy, counselling for depression and behavioural couples therapy.



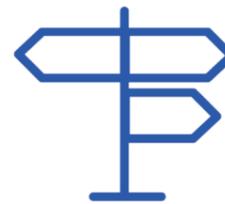
Physical Health Care

We will aim to provide advice to maximize your physical health and minimize the impact of Bipolar. If necessary we can offer help getting to your GP.



Self-management

We aim to support you in your recovery journey, helping you to become an expert in managing your mood. This will include how to access support from people who have suffered Bipolar themselves, and Recovery College courses.



Treatment for other difficulties

If you have other problems in addition to your Bipolar we will aim to provide advice and support to help you access effective care and treatment for these difficulties. This will be in line with our other summaries of help and support.

More information

For more information, please go to: www.sussexpartnership.nhs.uk/CAGS. This provides our Menu of Care and Interventions for Bipolar, of which this document is a summary. It also provides links to the guidelines produced by the National Institute for Health and Care Excellence (NICE).

If you require this document in another format such as large print, audio and other community language please contact the Clinical Academic Groups at: cags@sussexpartnership.nhs.uk