

The **Waltham Forest** Bipolar Support Group belongs to the national network of local groups run by Bipolar UK.

Bipolar UK support groups offer:

- Peer support through group discussion
- Useful information
- Social activities
- Guidance on managing mood swings

Group meetings are friendly, confidential and informal.

They are open to all individuals affected by bipolar, including those with a diagnosis, those pre-diagnosis, their family members, friends and carers.

The group meets on:

**First Thursday  
of every month  
7.30pm – 9.00pm**

At:

**Harmony Hall  
10 Truro Road  
Walthamstow  
London  
E17 1BY**



## Frequently Asked Questions

**Q: Who runs the group?**

**A:** The group is run by Bipolar UK and our volunteer facilitators (who usually are affected by bipolar themselves) lead the meetings.

**Q: Do I have to say something at the group meetings?**

**A:** You do not have to speak if you don't wish to, but everyone will have the opportunity to do so.

**Q: Will I be expected to come to all the group meetings?**

**A:** There is no commitment. You can attend as many or as few meetings as you want.

**Q: Does the group campaign for better mental health services?**

**A:** The group is there to provide peer support. However all the groups receive information from Bipolar UK about their developing campaign work.

**Q: How can I join?**

**A:** Groups operate on a drop in basis, so you can just go along to any meeting.

**The group is open to anyone affected by bipolar, in Waltham Forest and surrounding areas.**

**Just turn up at a meeting,**

**or email**

**walthamforest@  
bipolarukgroups.org**

**‘A place where people, not their illness, come first!’**

The **Waltham Forest** Support Group is run by Bipolar UK.

**For more information about our Support Groups, please contact:**

T: 0333 323 3885

E: [groupdevelopment@bipolaruk.org](mailto:groupdevelopment@bipolaruk.org)

Or visit our website at

[www.bipolaruk.org](http://www.bipolaruk.org)

Bipolar UK provides a range of services supporting people affected by bipolar.

**Information & Support**

T: 0333 323 3880

E: [info@bipolaruk.org](mailto:info@bipolaruk.org)

**eCommunity**

[www.bipolaruk.org/ecommunity](http://www.bipolaruk.org/ecommunity)

Registered Charity No. 293340

Registered Office

11 Belgrave Road, London, SW1V 1RB



# **Waltham Forest Bipolar Support Group**

**Offering support to  
anyone affected by  
bipolar**

**Why not get in touch  
with us now?**