



# Brecon Bipolar UK Peer Support Group

Join us:

**1st Thursday of each month**  
**5pm - 6pm**  
online

**2nd Thursday of each quarter**  
**March, June, September, December**  
**11am - 12pm**  
in-person

**Brecon & District MIND**  
**Ty Croeso St David's House**  
**48 Free Street**  
**Brecon LD3 7BN**

[www.bipolaruk.org/get-support/](http://www.bipolaruk.org/get-support/)



For more info scan the QR code or email:  
[supportgroups@bipolaruk.org](mailto:supportgroups@bipolaruk.org)

Registered Charity No. 293340 Company No. 1955570  
Registered Office: 32 Cubitt Street London W1X 1LR

# We're here to help...

Bipolar UK peer support group meetings are friendly, confidential and informal. They are open to anyone affected by bipolar, including people with a diagnosis, anyone going through a diagnosis journey, and their family members, friends, colleagues and carers.

## Who runs the group?

The group is run by Bipolar UK and our volunteer co-facilitators who are usually affected by bipolar themselves.

## Do I have to say something at the meetings?

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

## Will I be expected to come to all the meetings?

There is no commitment. You can attend as many or as few meetings as you wish.

## Does the group campaign for better mental health services?

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

## How can I join?

You can attend a meeting on a drop-in basis. If you have any other questions email [supportgroups@bipolaruk.org](mailto:supportgroups@bipolaruk.org)

For more details scan the QR code or visit [www.bipolaruk.org](http://www.bipolaruk.org)



We offer a range of other free support options, both online and in person. You can find full details at [bipolaruk.org/get-support](http://bipolaruk.org/get-support)

- **eCommunity** - join our free online community that's open 24/7, 365 days a year
- **Peer Support Line** - call 0333 323 3880 or email [info@bipolaruk.org](mailto:info@bipolaruk.org) to book a call
- **20-minute eLearning course**
- **Mood Tracker app** - record and monitor your mood and sleep