

BIPOLAR SUPPORT GROUP

If you or a loved one is living with bipolar disorder, being part of a support group can help. Our support groups allow you to meet others who share similar experiences.

Bipolar disorder is associated with episodes of mood swings ranging from depressive lows to manic highs. This can cause unusual shifts in mood, energy, activity levels, concentration, and the ability to carry out day-to-day tasks. Bipolar disorder can significantly impact a person's life, but with proper treatment, individuals can manage their symptoms and improve their quality of life.

Bipolar support group meetings are held on the **third Wednesday of each month from 6-7:30 pm** at the Kempf Bipolar Wellness Center located on the 3rd floor of the Rehabilitation building at Ascension St. Vincent Evansville. Please note this is a change in the date and time from previous meetings.

YOU MAY CALL
812-426-2640 OR EMAIL EMILY AT
EREIDFORD@EVANSVILLEREHAB.COM
TO BE ADDED TO THE
SUPPORT GROUP INVITATION.
**THE MEETINGS ARE FREE AND
NO PRE-REGISTRATION IS REQUIRED.**