

BIPOLAR DISORDER AWARENESS

Course Number

S1

Validity

3 Years

Duration

3 Hours

Assessment

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This Bipolar Disorder Awareness course provides delegates with a clear understanding of bipolar disorder and its impact on individuals' mental health and daily lives. Delegates will explore the different types of bipolar disorder, common signs and symptoms, and the distinctions between manic, hypomanic, and depressive episodes. The course also covers potential causes, treatment options, and practical ways to support individuals living with the condition. This course is suitable for healthcare professionals, support staff, and carers working in health or social care environments.

Introduction

- Introduction and course overview

Course Programme

- Understanding mental health and bipolar disorder
- Recognising signs and symptoms of manic and depressive episodes
- Causes and types of bipolar disorder
- Treatment options and self-care strategies
- Hospitalisation and support approaches
- Summary, questions, and course evaluation

Suitable for:

Care



"Bipolar is one of the UK's commonest long-term conditions with almost as many people living with bipolar as cancer (2.4%), it is more than twice as common as dementia (0.8%), epilepsy (0.8%), autism (0.8%), rheumatoid arthritis (0.7%) and learning disabilities (0.5%)." Bipolar UK