

MDF The BiPolar Organisation works to enable people affected by bipolar disorder / manic depression to take control of their lives. They aim to fulfil this mission by:

- Supporting and developing self-help opportunities for people affected by manic depression;
- Expanding and developing the information services about manic depression;
- Influencing the improvement of treatments and services to promote recovery;
- Decreasing the discrimination against, and promoting the social inclusion and rights of people affected by manic depression;
- Being an effective and efficient organisation with sufficient resources to sustain and develop their activities, thereby ensuring members receive a unique, high quality service.

MDF The BiPolar Organisation contacts are:

MDF National Office: Castle Works, 21 St Georges Road, London SE1 6ES
 Telephone: 08456 340 540 Fax: 020 7793 2639 E-mail: mdf@mdf.org.uk Website: www.mdf.org.uk

Title: **A user-led organisation providing support nation-wide**

Tick here if you wish to order this publication

This leaflet outlines facts about manic depression/bipolar disorder and MDF

Title: **Information for Family and Friends**

Tick here if you wish to order this

The purpose of this leaflet is to provide information on the nature of md (also known as bipolar disorder) and, hopefully, answer many of the question you will want addressing. A question and answer format is used which covers the issues the BiPolar Organisation most frequently encounter when speaking with family and friends.

Title: **Bipolar Disorder in children and young people**

Tick here if you wish to order this

This leaflet is aimed at the relatives, friends and support professionals of younger people and children with bipolar disorder, also know as manic depression. It focuses on the very specific needs of children and young.

Title: **What next?**

Tick here if you wish to order this publication

This leaflet is an introduction to bipolar disorder and DMDF The BiPolar Organisation.

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All publications will be sent to your home address unless you tell us otherwise.

NATIONWIDE GROUP STAFF UNION

Middleton Farmhouse, 37 Main Road, Middleton Cheney, Banbury, Oxfordshire OX17 2QT,

Fax: 01295 712580

Title: **Wanting To Work**

Tick here if you wish to order this publication

Recommendations for people wanting to return to work after a depressive illness

Title: **Depression Alliance - Young People and Depression**

Tick here if you wish to order this publication

This small pack is for anyone who has contact with young people. It will tell you how to spot the signs of depression in a young person and enable you to help and support them.

Title: **Keeping Us Going**

Tick here if you wish to order this publication

This booklet is available on-line via our website or you can order a hard copy. This booklet offers help and guidance to people with mental health problems and their friends. It is published by the Mental Health Foundation.

Leaflets

Depression affects 1 in 5

Surviving Depression at Christmas

Depression and Young People

The Young Person's guide to stress

Seasonal Affective Disorder (SAD)

Caring for Carers

Self Help

Sleep

Panic Attacks

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