

# BIPOLAR. YOU'D BE MENTAL NOT TO TALK ABOUT IT.

If you're 18-30 years old and have experience of bipolar then let's talk. We provide a comfortable and confidential space for sharing our experiences and accessing peer support. We'll navigate the highs and lows together on the journey towards mental wellbeing.

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If you're interested in bipolar, sign up to our email list on the website for information, updates and news.



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