

BIPOLAR

SELF-HELP GROUP

This group is for people who have been diagnosed as bipolar to come and share experiences and difficulties, share ideas and coping strategies and support each other in a friendly environment.



Running on the first Thursday of every month, 7pm to 8.30pm. Alternate months face-to-face in Leatherhead and on Zoom.

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place please contact:
01372 375400, text 07929 024722,
email info@maryfrancetrust.org.uk
or visit www.maryfrancetrust.org.uk



Inspiring Mental Wellbeing