SilverCloud®
by Amwell®

Bipolar Programme

Living with bipolar disorder can feel a bit like having a faulty mood gauge. The feelings you experience during a high or low patch are much stronger, and last for much longer, than for someone who isn't living with the disorder.

The *Bipolar Programme* is an online therapy programme from SilverCloud® by Amwell®. It will help you feel better equipped to manage the symptoms of bipolar disorder, which will improve the quality of your life.

Understanding and knowledge

Medication forms the core of treatment for bipolar disorder, but there are also things you can do to stop yourself slipping into mania or depression. The *Bipolar Programme* will help you to learn more about bipolar disorder. It shows you how to spot the factors that can trigger a bipolar episode, and how best to avoid them.

Skills and Strategies

You'll learn self-help strategies that will allow you to regain a sense of control in key areas of life, like: sleep, relationships and managing daily routines. By tracking your lifestyle choices such as exercise, diet and medication use, you'll start to see how each one can impact on how you feel.

Forging Ahead

Recovery is an ongoing process, leading to a place where your mood is more stable and you have greater control over your care and day-to-day choices. By setting your own recovery goals, you can work towards living a satisfying, hopeful and fulfilling life.

Is this programme for me?

This programme can help you if you want to learn how to manage the symptoms of bipolar disorder and regain control of your life.

You can access the *Bipolar Programme* on your phone, computer or tablet, wherever and whenever you need it. You can work through the programme at your own pace.

Cognitive behaviour therapy

This programme uses cognitive behaviour therapy, or CBT for short. CBT has been used for many years to support people with their mental health. It allows you to become more aware of your moods and teaches you how to make the changes you need to feel better.

> "Once I began to understand that I couldn't control my symptoms, but that I could take steps towards preventing and dealing with them, I felt more ownership over my condition."
>
> - Serena, SilverCloud® user
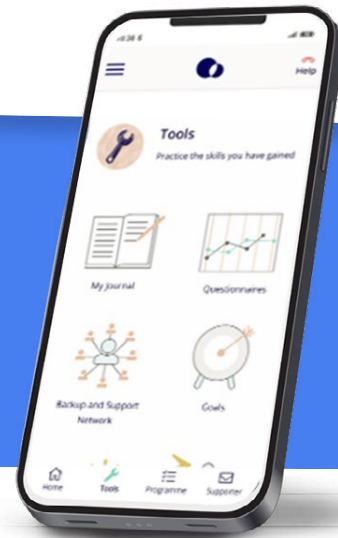
Modules in the *Bipolar Programme*:

- **The Facts About Bipolar** – This module provides general information about bipolar disorder, and explores the emotions and behaviours that go with it.

- **Bipolar and Me** – Get to know your triggers and warning signs.

- **Relationships** – This module outlines the ways in which bipolar disorder can impact on your relationships. It suggests ways in which you can deal with broken relationships.

- **Sleep** – This module highlights how vital sleep is to someone living with bipolar. It suggests ways in which bad sleep habits can be stopped.

Tools and activities

The *Bipolar Programme* contains many helpful tools and activities including:

- **Personal Stories** – Find out how other people experience bipolar disorder and how this programme helped them. It may help you to realise you are not alone.

- **My Journal** – Keeping a journal can help you to work through your thoughts and feelings and solve problems.

- **Mood Monitor** – Track your moods. See how they are affected by your lifestyle choices.

- **Activity Scheduling** – Make plans to do more of what makes you feel good about yourself.

- **Mindfulness Exercises** – Take a moment to slow down and find peace with our podcasts.

Find out more

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