

# TRAINING SOLUTIONS NORTH WEST

## SPECIALIST TRAINING PROVIDER

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## Bipolar Affective Disorder – An Introduction

### COURSE OVERVIEW

Manic depression is a serious mental health problem involving extreme swings of mood (highs and lows). It is also known as Bi-polar Affective Disorder. Both men and women, of any age from adolescence onwards and from any social or ethnic background, can develop manic depression. This one day course aims to provide delegates with an understanding of what bipolar disorder is, how it affects people and what can be done to help.

### COURSE CONTENT

By the end of the course participants should:

- ✓ **Understand how bipolar affective disorder differs from other psychological conditions**
- ✓ **Be more aware of how mania and depression are experienced**
- ✓ **Have identified what constitutes good practice and avenues for learning more about bipolar affective disorder**

### CERTIFICATION

Attendance Certificate

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