

# Lived Experience Leadership Co-designed Bipolar Disorder Psychosocial Recovery Supports

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### **AUTHORS**

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## **BIPOLAR AUSTRALIA**

A lived experience founded and led national not for profit organisation



Raise community awareness

Eliminate stigma and discrimination



Engaging in and supporting research

Providing evidence-based education programs



Bipolar support groups

Bipolar resources and directory



# Prevalence

Bipolar conditions affect

2.2% of Australians aged 16-85

(https://www.abs.gov.au/statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-21)

over 568,000 Australians

(<a href="https://psychology.org.au/for-the-public/psychology-topics/bipolar-disorder">https://psychology.org.au/for-the-public/psychology-topics/bipolar-disorder</a>)

# BIPOLAR AUSTRALIA CURRENT RESEARCH

Title: Needs of those living with bipolar disorder in Australia project

**Summary:** The aim of the study is to explore the needs of those people living with bipolar disorder in Australia. It will assess health, education, social, housing and treatment needs for people living in Australia.

**Conducted by:** Dr Tania Perich, Senior Lecturer, School of Psychology, WSU in partnership with Bipolar Australia

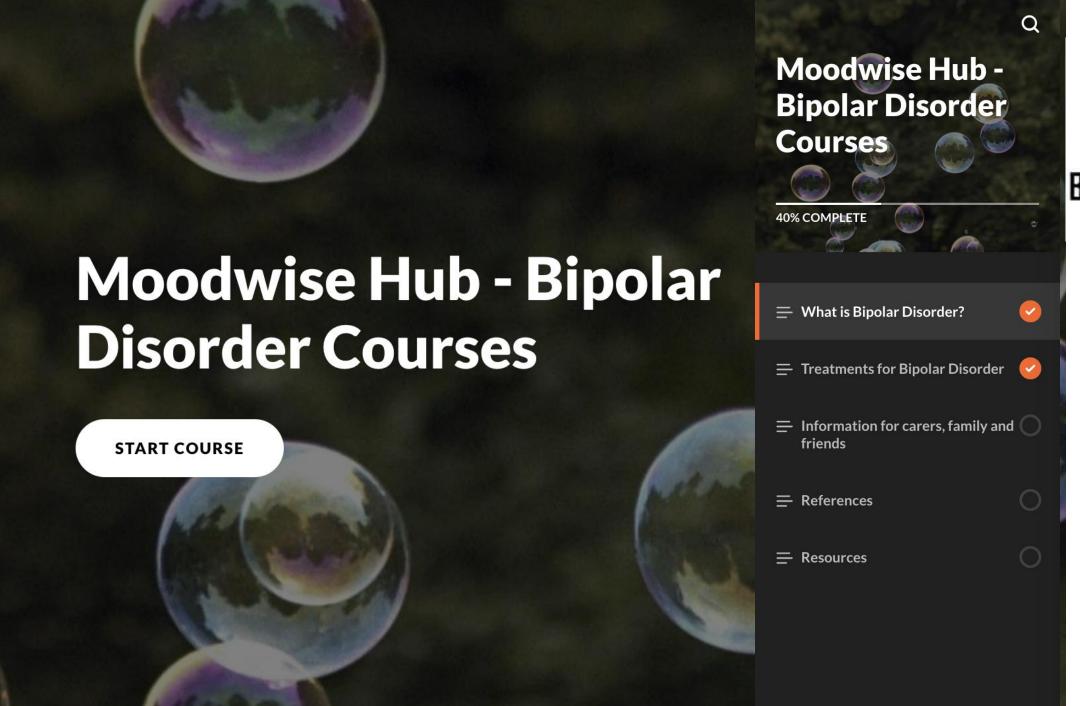
Funding: School of Psychology, Western Sydney University.













# **PSYCHOSOCIAL** RECOVERY **SUPPORTS**

Support groups

Services directory

Coming home with bipolar booklet

Staying home with bipolar booklet

Carers rights

Education



## What are mental health support groups?

Support Groups are among the best and most widely proven methods for empowering and connecting people. All our support groups are peer to peer support with sessions led by a facilitator. Our focus is to motivate, inspire and educate you to help achieve better mental health.

## What happens in a Support Group?







### Talk

A Support Group provides a safe and confidential space for all participants to speak up about what they are going through. For most people just asking if they are okay and listening to them can make a huge difference.

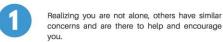
By simply being there for someone, can make them feel less alone and more supported to open up and talk about how they

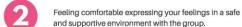
The participants are encouraged to speak in a fair and inclusive environment which makes them feel supported.

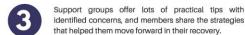


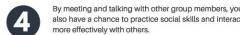
### Benefits of attending the support groups

Support Groups provide great opportnitity to connect with people with similar concerns in a safe, confidential and non judgemental space.

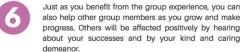




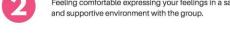


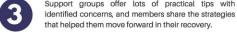


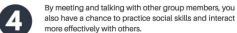


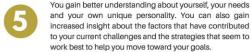


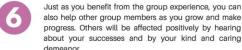
One additional advantage of support groups is they are free of cost, and aims to provide mental health support











(Source: mhfa.org.au)

#### Listen

Just being there for someone and lending a listening ear can make

Listening empathetically allows the listener to really hear and understand what is being said. It also makes it easier for the other person to feel they can talk freely without being judged.

All participants are encouraged to upload a non judggemental



## Support

All participants share their experiences, strategies and ideas to overcome the situation. Meeting people with similar experiences and symptoms can give hope to the newly disgnoised. Coping mechanisms and strategies are discussed, while also sharing details on what services are available and how to access them

Getting early help can help someone. Our support group welcomes members, family and friends and carers of those living with a mental illness. It is not necessary for anyone to be diagnoised to be able to attend the support group

Professional help is encouraged in all support groups and support groups are not a substitute for professional disgnoise or advice.

# **THANK YOU!**

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www.bipolaraustralia.org.au





ADVOCACY RESEARCH SUPPORT