



**Simon Kitchen**  
**CEO**  
**Bipolar UK**

To help you understand what Bipolar is and its causes

To help you understand the mood scale and how it can help you in your work

The rural experience of bipolar

To talk about the services Bipolar UK offers



A chemical imbalance in the brain that prevents the body from regulating moods correctly.

It causes very extreme responses to stress:

- Emotional
- Physical
- External stimuli – noise, light, smell

Results in intense mood and energy swings (Depression & Mania)

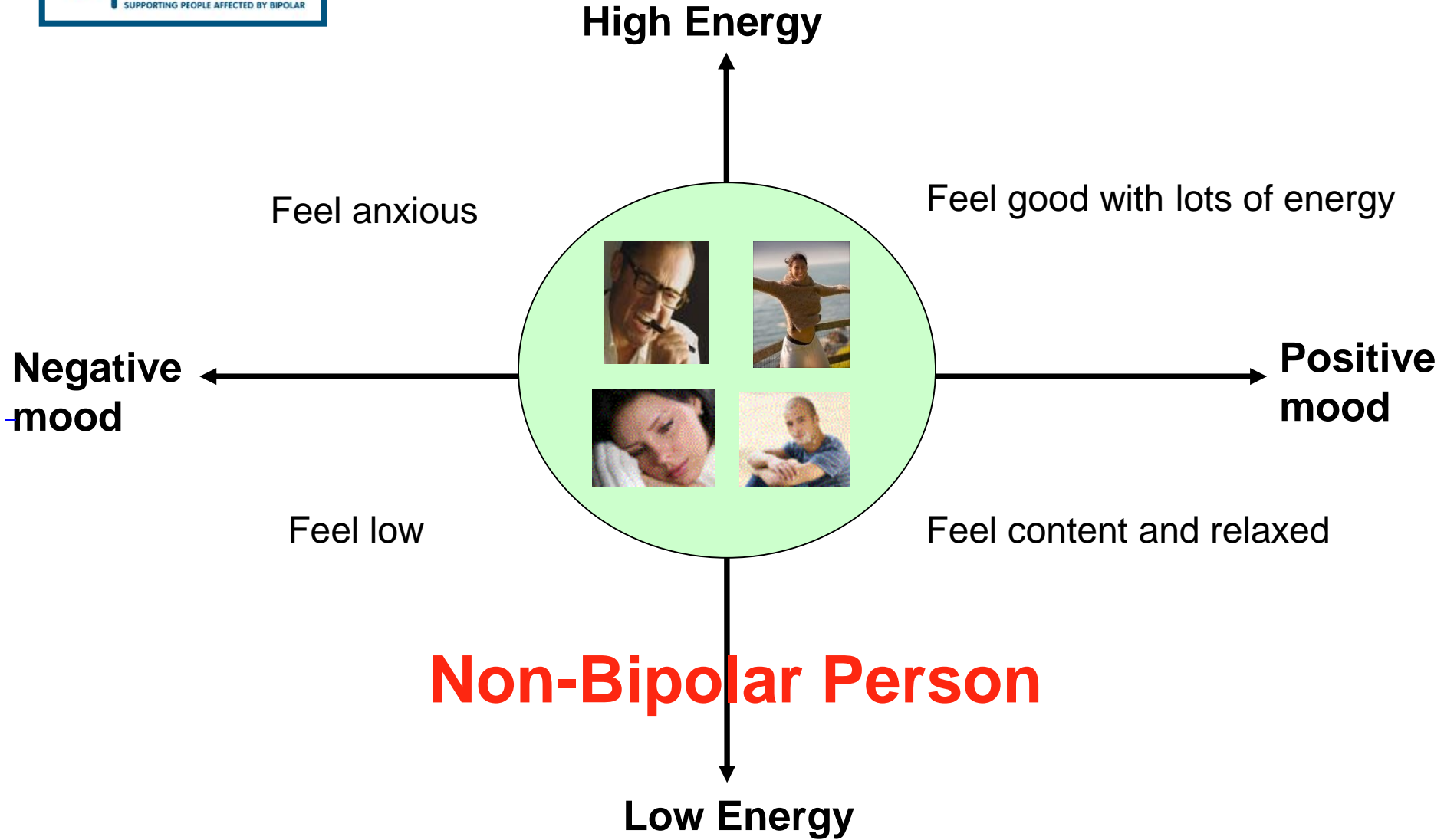


What causes the chemical imbalance?

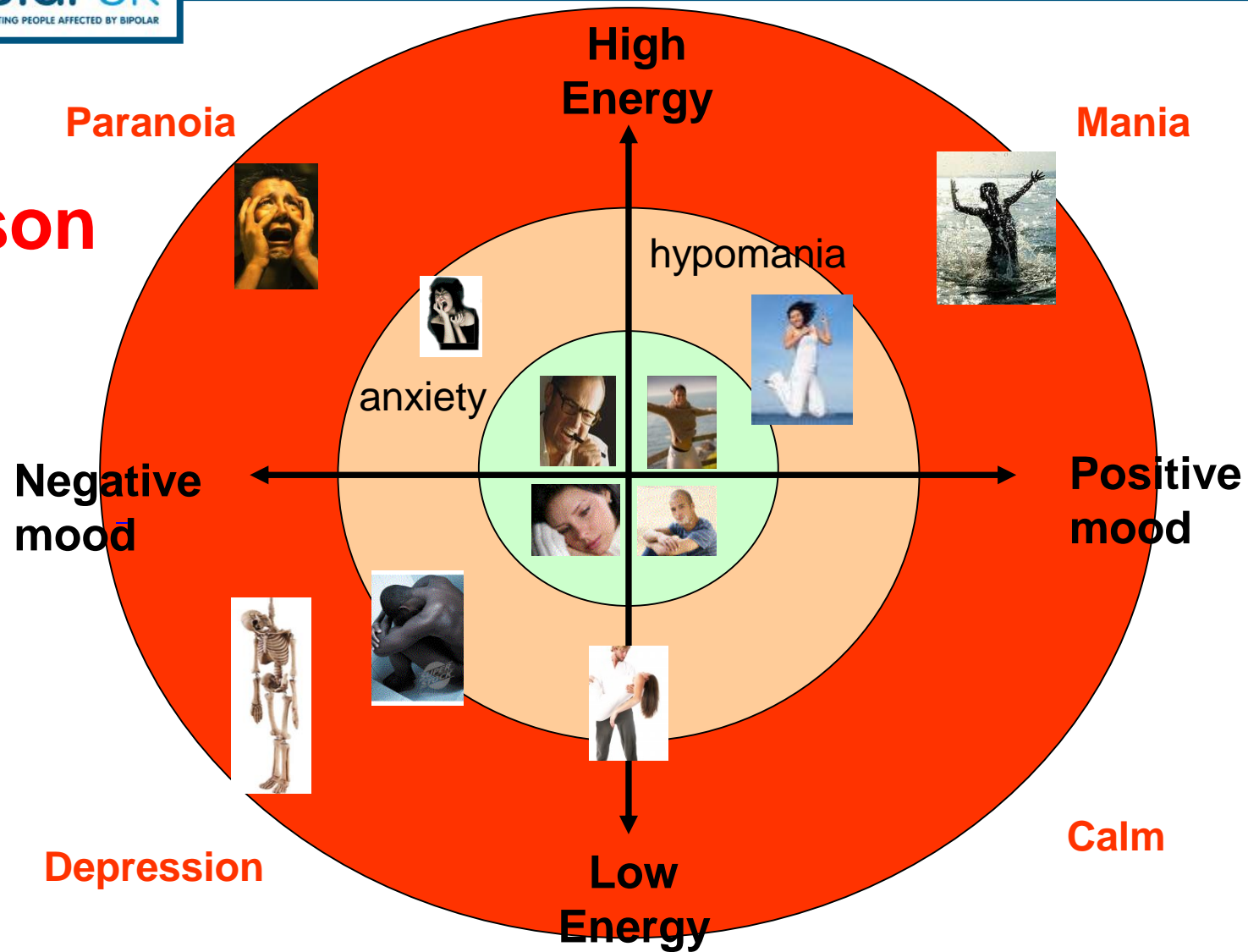
- Genetics
- Stress
- Trauma

Is there a cure?





# Bipolar Person

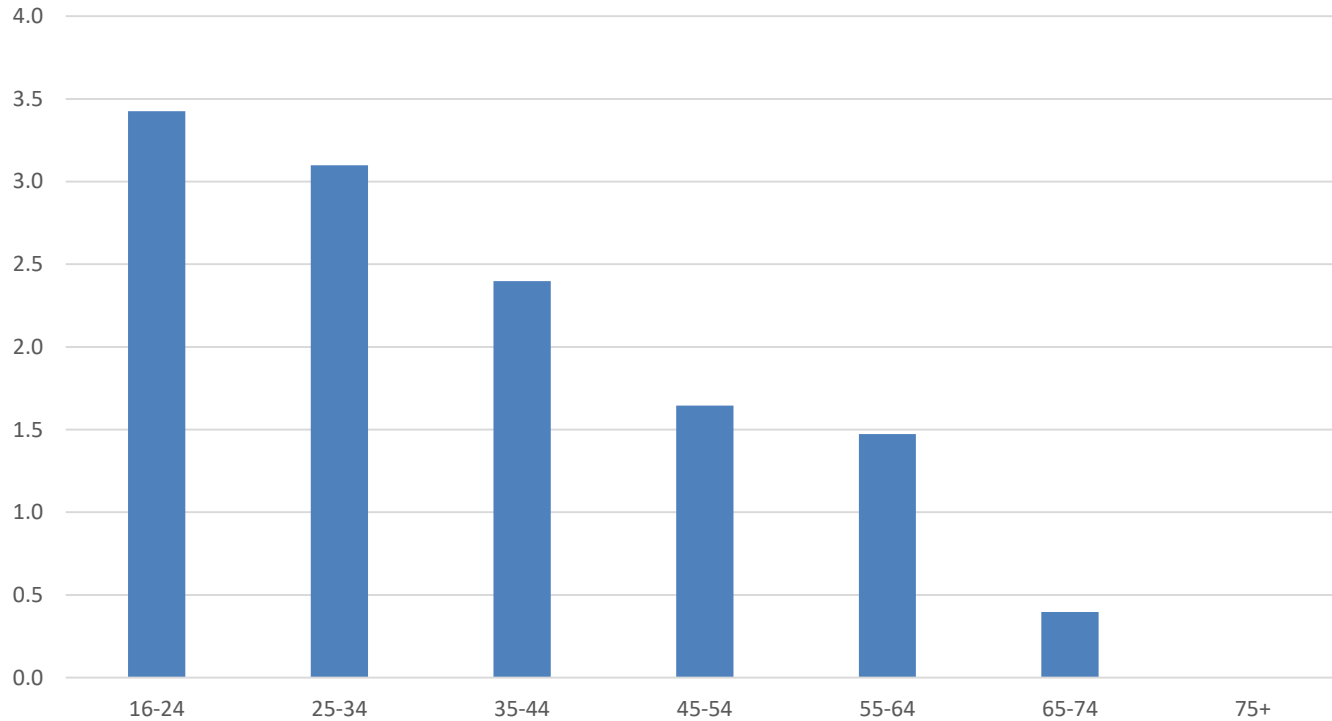


<b>Mania</b>	10	Total loss of judgement, exorbitant spending, religious delusions and hallucinations.
	9	Lost touch with reality, incoherent, no sleep, paranoid and vindictive, reckless behaviour.
<b>Hypomania</b>	8	Inflated self-esteem, rapid thoughts and speech, counter-productive simultaneous tasks.
	7	Very productive, everything to excess (phone calls, writing, smoking, tea), charming and talkative.
<b>Balanced Mood</b>	6	Self-esteem good, optimistic, sociable and articulate, good decisions and get work done.
	5	Mood in balance, no symptoms of depression or mania. Life is going well and the outlook is good.
	4	Slight withdrawal from social situations, concentration less than usual, slight agitation.
<b>Mild to Moderate Depression</b>	3	Feelings of panic and anxiety, concentration difficult and memory poor, some comfort in routine.
	2	Slow thinking, no appetite, need to be alone, sleep excessive or difficult, everything a struggle.
<b>Severe Depression</b>	1	Feelings of hopelessness and guilt, thoughts of suicide, little movement, impossible to do anything.
	0	Endless suicidal thoughts, no way out, no movement, everything is bleak and it will always be like this.



## More about Bipolar?

Screened positive for bipolar disorder (% of UK pop)

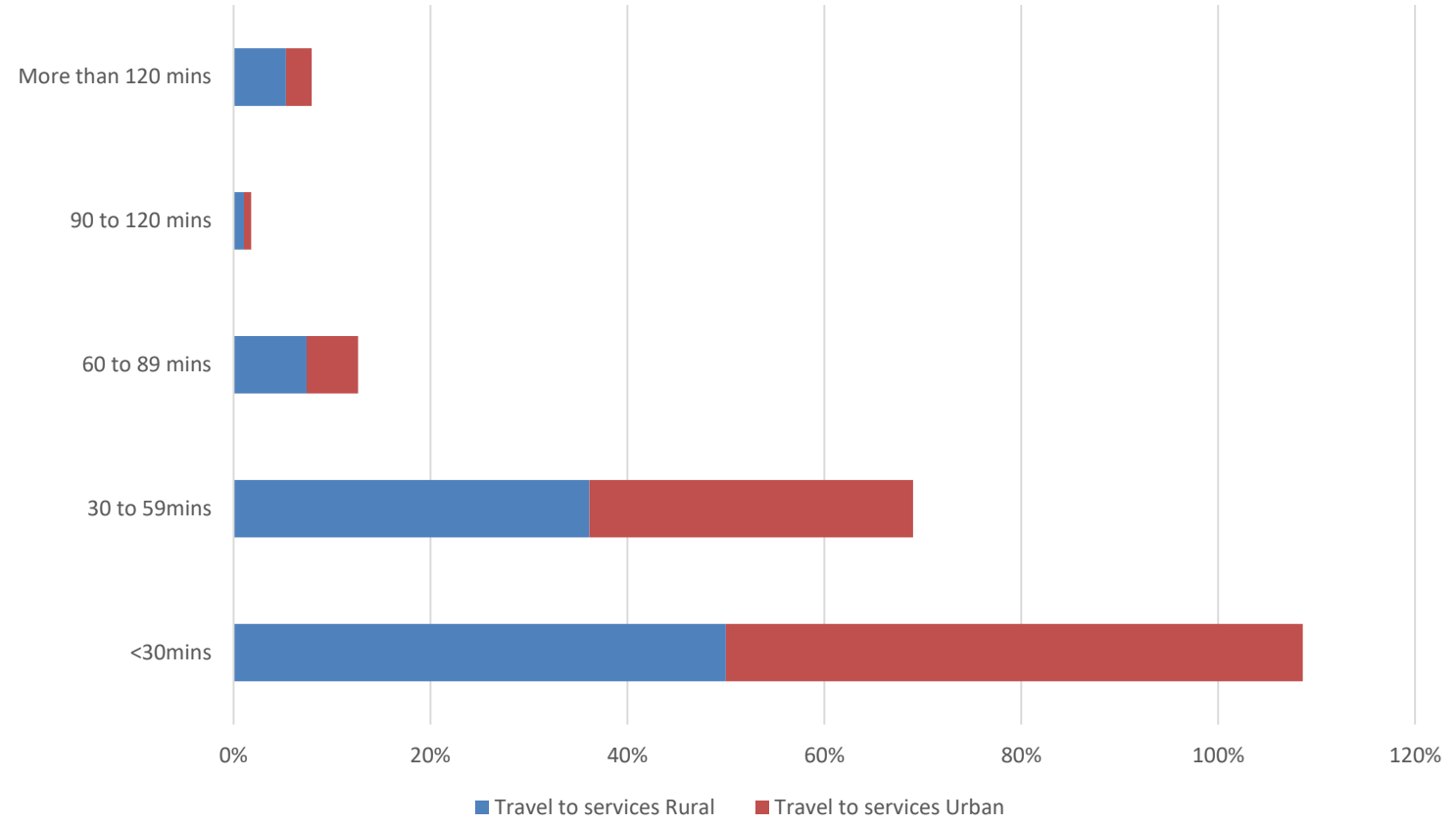


2% of UK  
186,000 of  
rural  
population

Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England, 2014



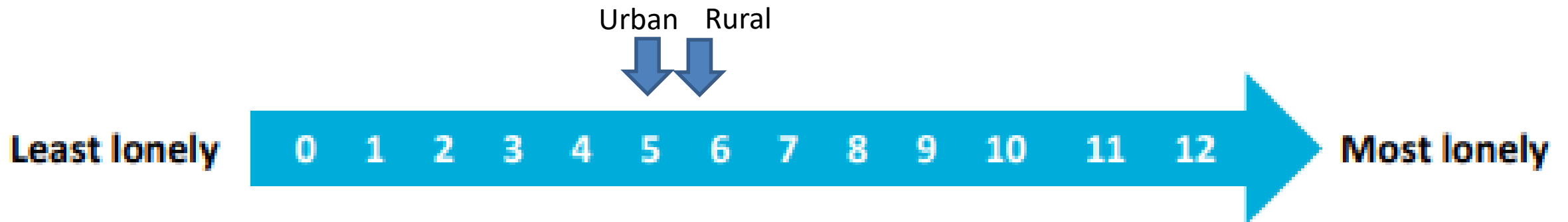
## Travel to services



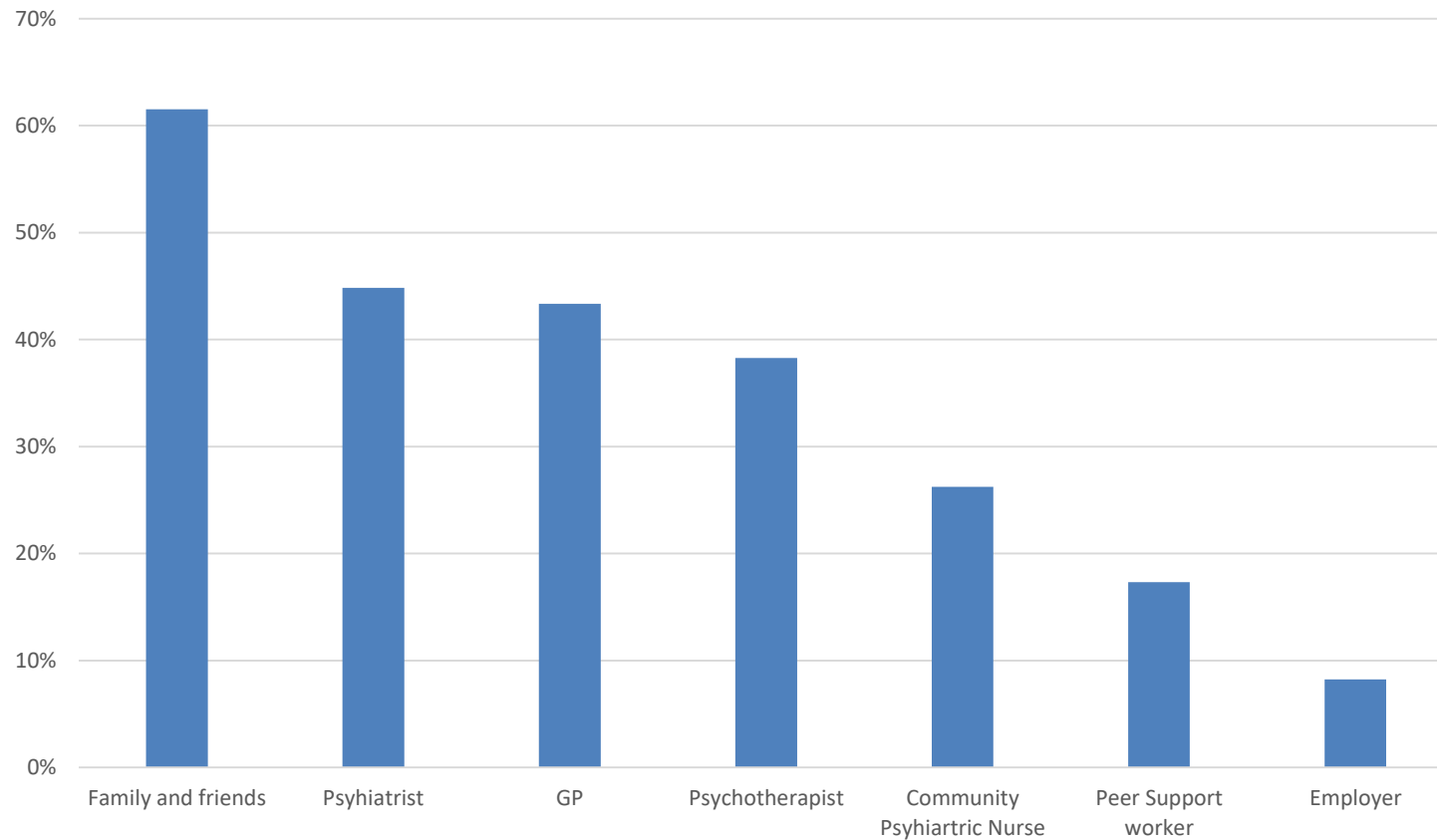
Urban – 272  
Rural - 96

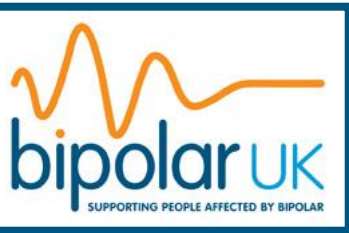
Three questions and score them 0 - 4:

1. I am content with my friendships and relationships as I would want them to be
2. I have enough people I feel comfortable asking for help at any time
3. My relationships are satisfying



## Indispensable / Very useful





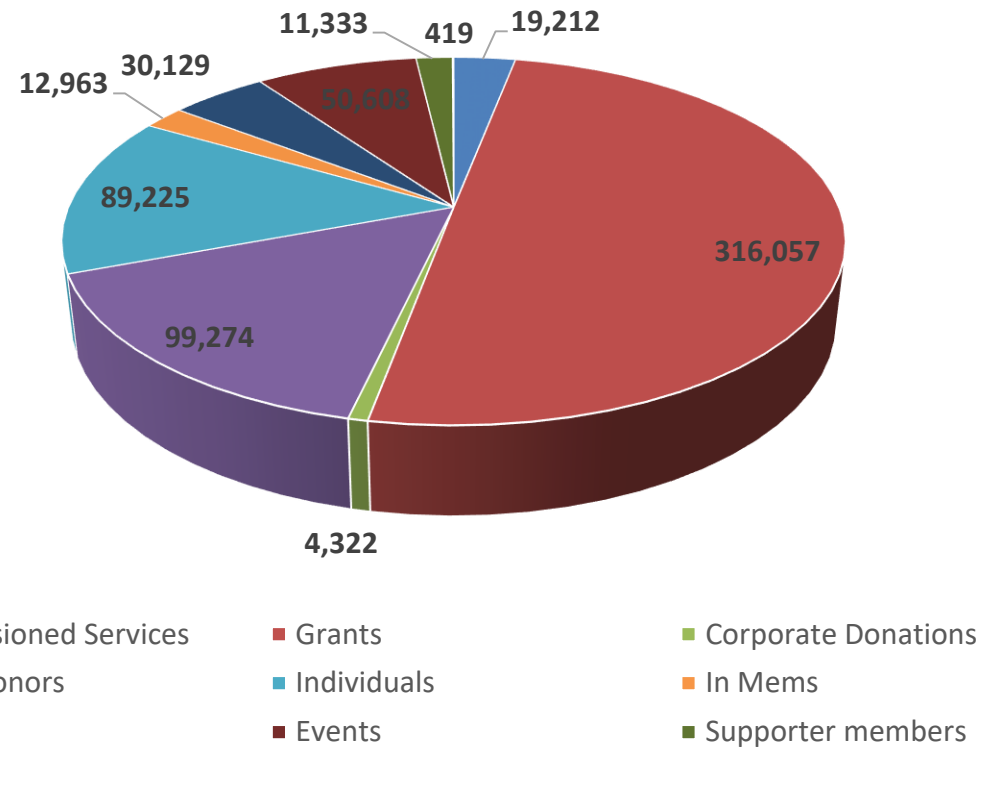
## Who we are?

- Only charity dedicated to support people affected by the condition
- 11 staff and 200 volunteers
- Directly support around 10,000 people a year
- 280k people access our website and over 20k viewed our films

- 100 Support Groups with over 10 in rural communities
- eCommunity – 2000 users
- Telephone and email call back - 7000 a year
- Employment support and training - 300



2018/19



- Annual turnover – approx. £600k
- LSE estimates that Support Groups save NHS and social services an estimated £1000 per person per year

Any questions ?





**Contact Us**

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