

## UNDERSTANDING BIPOLAR DISORDER

People with bipolar disorder are at an increased risk of suicide.

According to the National Mental Health Association 30%-70% of suicide victims have suffered from a form of depression.

Men contribute to 75% of suicides, even though twice as many women attempt it.

Risk for suicide appears to be higher earlier in the course of the depression.

Hence recognizing bipolar disorder early and learning how to manage it, is key to decreasing the risk of suicide by patients.

One key to a proper diagnosis, researchers say, is recognising grandiose behaviour.

Their study finds that 44% of those who had manic episodes as children continued having them as adults.

Children with mania grow in to adults with mania” said Dr Barbara Geller of Washington University School of Medicine in St Louis, who led the National Institute of Health Funded Study.

For more information see website [www.latimes.com](http://www.latimes.com).

If you feel suicidal or very depressed, don't suffer alone. You can contact the following phone numbers:

### **BIPOLAR ABERDEEN**

01224 573910

### **NHS 24**

0845 24 24 24

### **BREATHING SPACE**

0800 83 85 87

### **SAMARITANS**

08457 90 90 90

## **A Good Read**

‘Bipolar Disorder’ by authors Sarah Owen and Amanda Saunders is a fantastic down to earth account of the condition .

This book includes invaluable case studies specifically relating to the illness.

If you would like to read this book we have a copy in the office.

Come in borrow it if you wish ,it's an excellent read!

Come in and borrow it if you wish a read !

# IN THE MOOD

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NEWSLETTER BY

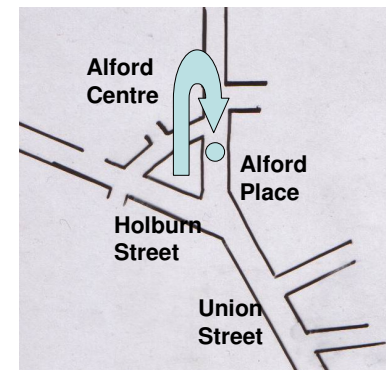
## **BIPOLAR ABERDEEN**

8 Alford Place

Aberdeen

AB10 1YB

Tel. 01224 573910



E-mail: [office@bipolar.uk.com](mailto:office@bipolar.uk.com)

Website: [www.bipolar.uk.com](http://www.bipolar.uk.com)

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## Office News

Hello there!

As we progress into autumn we have been very busy in the Bipolar Office.

Gavin and Jacqueline are still beavering away here with me!

They both continue to offer peer support as well as assisting with office duties.

Jacqueline is teaching an exercise to music class in the Alford Centre from 11am – 12 noon on Fridays.

Now that I have worked with Bipolar for a few months I am getting a better hang of how Bipolar functions and thought give a quick run through our Management System.

Bipolar is a Limited company registered at Companies House and must have 3 Directors. We are also a charity registered with OSCR and as so have directors which we commonly know as committee members. The company directors are also committee members. If you would like any more information please do not hesitate to get in touch.

All the relevant paperwork is here in the office for anyone to look at if they would like!!

There have been several changes in personnel.

Marion Cowie who has been chairwoman for some time decided it was time for her to move on and resigned and Susan Wildridge is moving abroad to work, and resigned. I am sure you will wish to join me wishing them well in their new endeavours and thank them for their time enthusiastic and dedication to Bipolar in the past.

**Morag**

## FUTURE NEWS

Next months support meeting is 30<sup>th</sup> October at 7 30pm.

The guest speaker is Gillian Coats.

She is a senior social worker and a mental health officer. Who will talk about Mental Health Legislation.

The main focus will be advanced statements and Named Persons.

## Did You Know

A household is said to be in fuel poverty if it has to spend more than 10% of its income to maintain a satisfactory heating.

For more information contact: Jill Carnegie on 01224 213005.

## SCARF

(Save Cash And Reduce on Fuel)

## NHS GRAMPIAN

NHS Grampian are updating and expanding their site at Foresterhill and updating the services available of community hospitals throughout the Aberdeenshire area.

At the moment they are going through a consultation period that we attended on the 30<sup>th</sup> of September 2008.

At this consultation meeting we were showing that services were going to be more joined up and that they were going to be easier to access skills and expertise. Sharing should be made easier and more accessible.

Centralisation of emergency services where appropriate also the use of community hospitals for more outpatient appointments so care is closer to home.

There will also be, up to 75% more single beds and en suite facilities, giving people a lot more privacy and to cut down on hospital infections.

Consultation from mental health is still ongoing, but the information that they were able to give was not very comprehensive. However we were promised that there would be consultation on this that we could get involved in.

## GENES – IS THERE A LINK?

Two genes that influence the activity of nerve cells in the brain may play a key role in a person's risk for bipolar disorder, marked by dramatic swings from depression to manic behaviour.

The findings are not expected to lead to a genetic test for the risk of the condition but could help show how it arises and lead to better treatments, researchers say.

For more information on this research check out website [www.theherald.co.uk](http://www.theherald.co.uk)

## 10 BENEFITS OF EXERCISE

1. To raise mood
2. To increase serotonin levels.
3. To reduce blood pressure.
4. To lose excess weight.
5. To tone up muscles
6. To meet new people
7. To improve coordination
8. To improve sleep pattern
9. To channel excess energy
10. To increase metabolism

**Jacqueline Ross**