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W.R.A.P.

A **paragraph** of text explaining what Wellness Recovery Action Plan is about and how it can benefit people with mental health issues.

} Hero Image with a text container over the top, text container has opacity set to contrast the text with the image.

Wellness Recovery Action Plan

A **paragraph** of text explaining the Wellness Recovery Action Plan and how it can help people.

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Living with

A **paragraph** of text explaining what support there is available for people diagnosed with mental health issues.

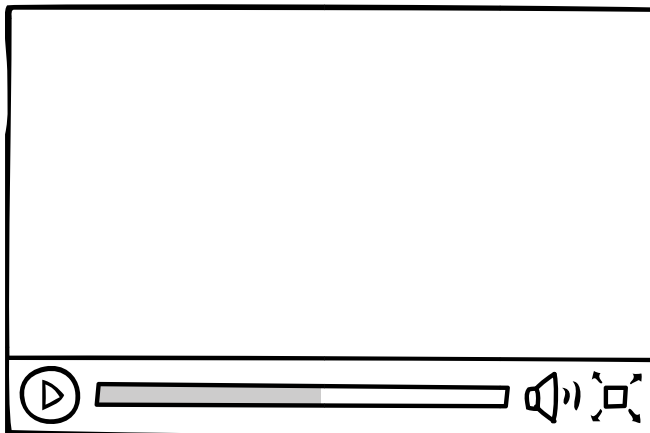
Hero Image with a text container over the top, text container has opacity set to contrast the text with the image.

Information available on the Internet

Living with Bipolar Affective Disorder can be a challenging journey, but with the right support and resources, it's possible to manage the condition effectively. An excellent starting point is the Mind website, which offers practical advice on how to cope with bipolar disorder. HelpGuide.org also provides useful tips on managing symptoms and building a solid support network.

Meanwhile, the NHS provides comprehensive information on treatment options, coping strategies, and where to seek urgent help. Additionally, websites like Bipolar UK offer forums and support groups where you can

Rest of the text is "below the fold"



09:52 AM



Register

Form to register an interest in conversing with others who have a similar diagnosis.

Sign Up for Group Chat

A **paragraph** of text explaining the intention of the group chat and that, it doesn't replace professional expertise but, it can offer help and support.

Email

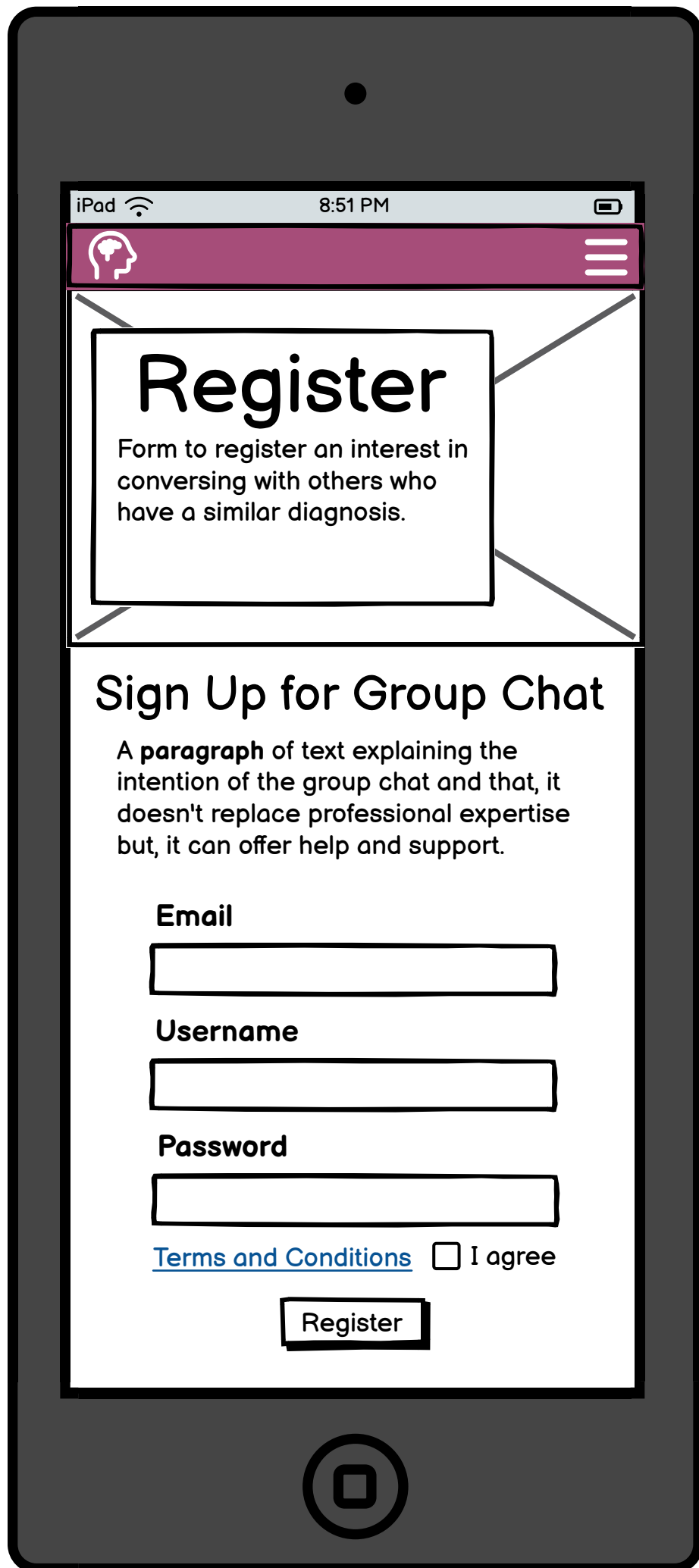
Username

Password

[Terms and Conditions](#) ☐ I agree

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