

Short Term Educational Programme

The Short Term Educational Programme, also known as STEP, offers courses for a range of mental health issues. We are an enthusiastic and welcoming team, committed to inclusivity and diversity.

All our courses are carefully designed in line with evidence-based practice, alongside volunteers, experts by experience and clinicians. The courses are facilitated by STEP with the support of these colleagues, depending on the requirements of the session.

Get in touch

Our courses run at various times during the year. If you would like to find out more, please contact us using the details below:

Address

Short Term Educational Programme
Floor 4, The Circle
33 Rockingham Lane
Sheffield S1 4FW

Telephone

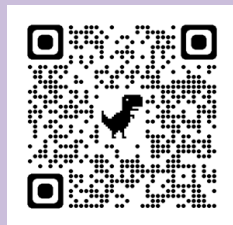
0114 226 2660

Email

sct-ctr.step.info@nhs.net

Website

To find out more about our Trust, the services we provide and the support on offer visit www.shsc.nhs.uk/step or scan the QR code above.



NHS

Sheffield Health
and Social Care
NHS Foundation Trust

Course Information Leaflet

▶ **Bipolar Self Management**

This online course aims to provide support to anyone who has a diagnosis or working diagnosis of Bipolar.



STEP | Short Term
Educational
Programme

The Bipolar Self Management Course

is an online psycho-educational course that runs over 7 weeks. Each session lasts for up to 2 hours.

The course offers a range of strategies to help manage Bipolar symptoms and introduces skills that may help prevent future relapse or at least reduce the impact of future episodes.

How do I know it's for me?

If you would like to attend, you need to be able to:

- access an online course

- manage being in a group for two hours a week, for 7 weeks
- be openminded to learning and practising new ways of coping.

What should I do if I'm interested in attending?

If you would like to attend, you need to discuss it with your GP or mental health worker, and they can refer you.

When we receive your referral, we will offer you an enrolment appointment and this will give you an opportunity to learn more about the course and ask any questions you may have.

Course Profile

Week 1: Introduction to Bipolar

Different diagnoses of Bipolar

The importance of looking after basic needs and personal wellbeing.

Week 2: Early Warning Signs and Mood Monitoring

How early warning signs can help to predict a mood episode

Step by step guidance around setting up a personal mood monitoring chart

Common triggers for a change of mood state.

Week 3: Managing Depression

The impact of depression on behaviour, emotions and physical wellbeing

Strategies to improve motivation and break the cycle of doing less and less.

Week 4: Managing Mania

How mania affects behaviour, emotions and physical wellbeing

Preventing a manic episode
Limiting risks when experiencing manias

Week 5: Stress Vulnerability and Problem Solving

Understanding stress and Bipolar
Healthy coping strategies.

Week 6: Maintaining Healthy Sleep Routines

The importance of sleep in Bipolar

How depression and mania impact sleep

Ways to improve our current habits.

Week 7: Pharmacy Presentation and Course Recap (co-hosted with SHSC Pharmacy Dept)

Commonly prescribed Bipolar medication

General Q & A s

Course recap

Further resources.