



# Help develop a new program aimed at improving the wellbeing of friends and family of people with **bipolar disorder**

## Does someone close to you have bipolar disorder?

Are you interested in finding ways to live well while supporting them with this condition?

You are invited to join a study that aims to see if the family and friends of someone with bipolar disorder find the new resource acceptable, useful, easy to use, relevant to their needs and whether it should be improved.

**If you would like to be considered for participation in the study please contact:**

The BipolarASSIST team

Phone: **0459965545**

Email: [bipolarcarers@deakin.edu.au](mailto:bipolarcarers@deakin.edu.au)

Participation is voluntary and confidential. BipolarASSIST is not a replacement for any treatment. Your relationship with your doctor will not be affected based on your decision to participate. On completion of the three feedback surveys and interview, you will be offered a AUD \$60 gift voucher.

## What is BipolarASSIST?

The program involves individual access to the online resource on your computer, iPad, or mobile phone for 13 weeks.

## What will you be asked to do?

You will be asked to participate in the online resource and complete:

1. Three monthly feedback surveys
2. One final feedback interview at the conclusion of the study

## Who can provide feedback?

Adults aged 18 or over who:

1. Have someone close to them with bipolar disorder
2. Are not currently experiencing psychosis or a memory impairment
3. Are interested in providing information on a new online source for family, partners and friends of someone with bipolar disorder

