



Blow Bubbles for Bipolar!

Bipolar Disorder is a life-long mental health condition which affects over 568,000 Australians. This World Bipolar Day, **March 30**, Bipolar Australia invites you to take some time to **Blow Bubbles for Bipolar** with your colleagues, friends, and family, helping us to spread the good news that **bipolar can be successfully managed**.

Why bubbles? People with bipolar who become manic are often described as “bubbly” personalities, while watching the bubbles crash back down represents the depressive phase of the condition. And if your group blows enough bubbles together, you’ll create a rainbow: a symbol of the recovery journey that people embark on when they get help.

To find out more about World Bipolar Day in Australia, and how you can help, visit our website at www.bipolaraustralia.org.au. And don’t forget to spread the word by posting a photo tagged with **#BipolarBubbles** to your favourite social media platform!



Bipolar Australia

Recovering together...

