

# 2024 WORLD BIPOLAR DAY



Celebrating Vincent Van Gogh's Birthday **MARCH 30**

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## HOW TO GET INVOLVED WITH WORLD BIPOLAR DAY

Gather together to Blow Bubbles for Bipolar and help spread awareness, celebrate recovery and end the stigma surrounding Bipolar Disorder.

### Spread the word

World Bipolar Day is marked on March 30 to celebrate the birthday of Vincent Van Gogh. Let your colleagues, friends, and family know about the festivities by setting up a Facebook event, sending out e-vites, or good old-fashioned paper invites. Whichever option you choose, remember that it's all about awareness!

### Get your supplies

Whether you're throwing a party, a picnic, a morning tea or just taking a moment out of your day to blow some bubbles, make sure you buy some bubbles and add some decorations to fit your occasion.

### Blow some bubbles

Bipolar Australia's core initiative is Blow Bubbles for Bipolar. It's a fun and easy activity to all celebrate the occasion and the possibility of recovery as well and hold powerful symbolic meaning for those with bipolar.

### Share your support

Don't forget to take some awesome snaps of your event. Share your pics using the hashtags #WorldBipolarDay and #BipolarBubbles on Facebook, Instagram, and Twitter to show your support!

[www.bipolaraustralia.org.au](http://www.bipolaraustralia.org.au)

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