



# Bipolar Self-Help Group

- share experiences and difficulties
- share ideas about coping
- support each other in a friendly environment

**1st Thursday of every month 7-9 pm**

**Mary Frances Trust  
23 The Crescent  
Leatherhead  
KT22 8DY**

Interested for yourself or someone else?

Looking to find out more?

Call **01372 375 400** or Text **07929024722**

Email **info@maryfrancestrust.org.uk**

**MaryFrancesTrust**

registered charity 1055113

[www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)

