



**MOODSWINGS**  
An online self help program for Bipolar Disorder

## An invitation to participate in an online no-cost self-help program for Bipolar Disorder

You are eligible if you are

- Between 21 & 65 years of age
- Have diagnosis of bipolar disorder
- Have medical supervision for bipolar disorder and access to emergency care
- Access to a computer with internet
- Able to read and speak English proficiently



The purpose of this study is to evaluate the effectiveness of MoodSwings website in improving the well-being of people with bipolar diagnosis. It is not a substitute for medication. It is intended to support your usual medical care.

For more information please visit [www.moodswings.net.au](http://www.moodswings.net.au) or

Call us at: **650-849-0161**



**NIMH**  
National Institute  
of Mental Health

