Bipolar Support Group

The Bipolar Support Group is run by, and for people with lived experience of bipolar. Share your challenges and offer support to others with your experience, strength and hope. They currently meet twice a month from February to December. Precise dates are here on DRIVE's Events Schedule.

They take a break during January.

The in-person meeting is on the first Friday of the month from 10am to 12pm in the Totara Room at the Ember South Hub at 51 Huia Road in Otāhuhu. Map here.

The online meeting is on the third Tuesday of the month on zoom from 7pm to 9pm

The link will be sent to group members via email. New members welcome!

People who do not have lived experience of bipolar may only attend if they support someone who does experience the symptoms of bipolar to attend.

For more information:
Email: counties.bipolar@gmail.com

Join DRIVE's shared google calendar with this group and others here.

Provide your details for their database here.

DRIVE provides some administrative support to this group. However, they are their own self-sustaining entity and create their own group rules regarding membership that we do not influence. For example, there is no geographical limit on membership.