



### **Development of BipolarWISE, an innovative online psychosocial intervention**

BipolarWISE is a 10-week comprehensive program that aims to empower people with strategies and skills to manage their bipolar disorder and enhance their wellbeing. It is designed to complement usual treatment and includes online group sessions and individual telehealth sessions that are led by an experienced psychologist. We have also designed a mobile application to help participants apply what they learn throughout the sessions to everyday life.

The companion program, BipolarASSIST, includes a mobile application for family and friends of people with bipolar disorder. Through the application, family and friends can learn about bipolar disorder and communication strategies, track their stress and lifestyle habits, set goals, and create plans for providing support and managing their own wellbeing.

The team are in the process of conducting small trials to gather formative feedback on the BipolarWISE and BipolarASSIST programs and are not currently seeking participants.

