

"I have found the course has made me think about my condition in a far more positive and objective way and makes me far more aware of my mood, and how that impinges on myself and others. I now constantly monitor my sleep and mood and try to be proactive rather than reactive."

FEEDBACK FROM OUR SERVICE USERS

"The course provided a safe environment for me to explore and understand myself and my condition. The content is highly useful and the one-to-one sessions, where you design a staying well plan, have been hugely beneficial to my mood management and have allowed me to feel more confident about making better decisions that are helping me to lead a more balanced and happier life."

Last updated: September 2022

The **Mood on Track** course runs every three months. New courses usually begin in January, May and September. Course details will be given before you start.

We are currently running both Online and Face to Face courses.

ONLINE COURSE

The online course runs for 13 weeks via Zoom. Sessions are 2 hours in duration.



FACE TO FACE COURSE



The Face to Face course run for 11 sessions in total. Each session is 2 hours in duration.

Depending on when you are referred, there may be a short wait until the next course begins.



NHS
Birmingham and Solihull
Mental Health
NHS Foundation Trust

Do you have a diagnosis of Bipolar Disorder, Schizoaffective Disorder or Cyclothymia?



Mood on Track provides a safe space facilitated by healthcare professionals.

The course provides the opportunity to receive help with managing your mood through learning and discussions with those with similar experiences.

What is Mood on Track?

Mood on Track is a course that is run by the **Bipolar Service in Birmingham and Solihull Mental Health NHS Foundation Trust**. The team includes Psychologists, Specialist Nurses, Occupational Therapists, Cognitive Behavioural Therapists and supporting staff.

Mood on track is a cognitive-behavioural psychological intervention designed specifically for bipolar disorder. It aims to provide a non-judgemental, confidential space designed to help with mood management through learning and discussing with those with similar experiences.

Examples of topics discussed

Understanding and coping with high mood

Understanding and coping with low mood

Relationships & Communication

Medication

Sleep & Relaxation

Is Mood on Track for me?

If you have a diagnosis of bipolar disorder, schizoaffective disorder or cyclothymia, you may benefit from Mood on Track.

Why should I ask for a referral?



Research shows that Mood on Track can improve :

Personal recovery

Quality of life

Work and social functioning

Mood and anxiety symptoms

Research shows that there is a reduction in hospital admission and use of crisis services



Mood on Track has a high service user satisfaction rate

How do I join Mood on Track?



1. Ask a member of your mental health team for a referral to Mood on Track.
2. A member of the Bipolar Team will meet with you, giving you an opportunity to see if Mood on Track is right for you.
3. If you and the clinician decide Mood on Track may benefit you, you will be invited to attend one of two courses. Either the 13 week course held on Zoom or the Face to Face course that is run for 11 weeks.
4. Following this, you will be invited to attend 6 to 8 individual sessions (just you and one member of staff) to develop a staying well plan tailored to your specific needs. These will be held via Zoom and can be arranged for a time which suits you.
5. Once your staying well plan is completed, this is not the end. You can also receive ongoing support through monthly support groups and newsletters.