

THE BIPOLAR EXPRESS

ISSUE 7 - OCTOBER 2010

BIPOLAR *Education* Foundation



*Bipolar doesn't
discriminate and
neither do we.*



VISION STATEMENT

VISION

To promote education, awareness, prevention and destigmatisation of Bipolar disorders and Depression.

MISSION

To take a community based approach towards Bipolar disorder and Depression education, through programs which engage our key stakeholders and partners including: high schools, sporting clubs, local communities, workplaces, healthcare professionals and governments.

OBJECTIVES

- To promote tolerance and a better understanding of Bipolar Disorders and Depression, thus reducing the stigma
- To promote the early diagnosis of Bipolar disorder and Depression whilst delivering our “message of hope” through Education
- To deliver mental health education through a team of trained and experienced “Consumer Advocates”
- To reduce the incidence of SUICIDE in our community through Education

DESIRED OUTCOMES

At the BIPOLAR Education Foundation we strive to create and instigate:

- More accepting schoolyards
- Positive and understanding workplaces
- Encouragement of self-responsibility and Individuals making informed choices

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EDITORIAL & PUBLISHING Information

Editor: Enrique ‘Topo’ Rodriguez

Subeditor: Ms Janet Moulds

Graphics & Design: John Bourke

Printing: DoubleSix Printing Level 3, 142 Clarence Street Sydney NSW 2000 T: 9299 5012 E: print@doublesix.com.au

WELCOME from the CEO



In our previous issue No 6 of May 2010, we advised you of our involvement with Saatchi & Saatchi and The SBS Foundation. Furthermore, our Board very proudly recently assessed our three years of operations and activities under the name of Mental Health Education.

We have reached many people and organisations promoting mental health awareness, through our message of hope, educating and destigmatising mental illness and its sufferers, as well as preventing suicide through education programs.

Since October 2007 our group of volunteers also known as Consumer Advocates have given more than 70 public presentations reaching in excess of 25,000 people at high schools, workplaces, corporate executives, senior citizens and community public forums. We have also developed very important professional associations and memberships with the: Mental Health Association NSW Inc, THEMHS Conference, Mental Health Council of Australia, Black Dog Institute, International Society for Bipolar Disorders (ISBD), Argentine Association for Bipolar Disorders, SADAG, Brain & Mind Research Institute, Headspace, ORYGEN Youth Health, MIEA and many others.

“It is quite fitting that we announce our new “banner/image” during October’s Mental Health Month”

Moreover, we have engaged several corporate benefactors to assist us in delivering the above services professionally. Examples: Norton Rose Lawyers, Pitcher Partners Auditors, Hanrahans Accountants, FUGEN Holdings, Double Six Print, IW Design, Slattery Auctions, Talkforce, VR Design, etc. Nonetheless, our main benefactor PPB (Corporate Restructuring Specialists) have provided us with valuable office space and much needed support at Level 11, MLC Centre, 19 Martin Place, Sydney - where we operate more than adequately.

We are forever grateful for their contribution.

Securing government funding is always a next to impossible mammoth task, thus we had to rely on several fundraising activities and public appeals and private donations in order to survive. As you all are well aware, in recent years there were two main reasons hindering fundraising: 1) the Victorian Bushfires which siphoned all disposable cash for a very urgent and important cause; and 2) the Global Financial Crisis that almost stopped the whole country/world.

In March 2010 our Board decided to change our “front banner” to “BIPOLAR Education Foundation” (A Division of TF4E) hence reflecting a new focus on: Bipolar Disorders and Depression. This gives us a better and more specialised delivery to a smaller “window of opportunity” where we feel sufficiently competent and able.

It is quite fitting that we announce our new “banner/image” during October’s Mental Health Month celebrations. This initiative will be launched to the market and onto the airwaves in October 10th, 2010 “WORLD MENTAL HEALTH DAY”. We have been very fortunate to have engaged Saatchi & Saatchi to prepare an advertising and marketing campaign implementing the above repositioning and rebranding strategy.

At the same time we have secured a Community Services Announcement’s campaign package from The SBS Foundation (air time mix of TV, radio and online). We have also added Val Morgan Cinema Advertising to display the TVC’s (TV commercials) at their theatres and DMG Radio (Nova 96.9 FM and Classic FM) to complement our campaign. All the above services are received PRO-BONO, which is a great achievement in these financial times, something we are immensely proud and grateful to have secured. We are aiming “to air” our first ever TVC’s on Sunday 10/10/10 aptly celebrating World Mental Health Day! Our aims and objectives with this campaign are:

- Launch our NEW BRAND/BANNER
- Generate more Mental Health Public AWARENESS
- Attract Corporate PARTNERS and DONATIONS/Support from the public

“Mental Health is everybody's business” I'd like to state, the business community on this occasion has shouldered more than their fair share! A huge thank you to all the companies and individuals involved for their unconditional generosity displayed.

Enrique 'Topo' Rodriguez ASM

GAME SHOW



WHAT DO YOU KNOW? is The Bipolar Game Show conceived by Saatchi & Saatchi to be the “flagship” for the BIPOLAR Education Foundation launch. On Saturday 2nd October, 2010 this game was displayed and activated in several Sydney metropolitan areas.

The game aims at attracting the attention of the public into mental health issues and education in a light-hearted yet direct and factual manner. By observing current statistics and scientific information regarding Bipolar disorders and Depression, regarding symptoms, recovery, prevention and other related issues, the player and crowd are drawn to the particular subject through a number of questions.

The host at the end of each play reinforces positive messages of HOPE AND RECOVERY through diagnosis, medication, self-help and maintenance.



FACT: 1 in 4 (25%) Australians suffer from mental illness in a yearly period. The BIPOLAR Education Foundation teaches that 1 person how to seek help, and the other 3 how to help them. The BIPOLAR Education Foundation delivers tailored mental health presentations to the community, including high schools, businesses, and sporting clubs.

In Summary

We focus on:

- Destigmatising Bipolar disorders and Depression
- Promoting community awareness
- Preventing suicide through EDUCATION

And as a consequence of it we:

- Create more accepting schoolyards;
- Generate positive and understanding workplaces;
- Encourage self responsibility and making informed choices.

You will be able to watch our (5) TV commercials campaign in SBS, Sky TV, Val Morgan Cinema Advertising, as well as Nova 96.9 FM, Classic FM over October and November 2010.



PAST EVENTS

1. On Sunday August 8th the **2010 BIKE RIDE FOR MENTAL ILLNESS AWARENESS** took place from Albion Park to Nowra and to Jamberoo Park. Some 650 motorbikes took part in a wonderfully sunny family day. There were plenty of bikes, kids, families and raffles to entertain most. Enrique "Topo" Rodriguez gave a brief speech encouraging people to overcome the stigma by learning about mental illness and increasing general community awareness.

Don Dummett, the mastermind and his organising committee in conjunction with the Schizophrenia Fellowship NSW, produced a beautiful and productive fundraising day which totalled the sum of \$22,000. BEF/TF4E was presented with a cheque for \$8,500 – remaining monies went to the Schizophrenia Fellowship NSW, worthy recipients of it.



Albion Park "start"

2. **MAROUBRA** - September 12th – Community Forum on Mental Health at St. John's Church Hall, Maroubra. This was organised by TF4E, Anglicare and PHaMs. (Personal Helpers and Mentors Program) and St. John's Church.

David Laanemaa and Topo representing TF4E Volunteers were the speakers at this warm closely knit community forum. We would like to thank Julia Perl, Brianna Pike and Christina Riolo from Anglicare, Father Jim Crosswell and his group of



Anglicare/BEF MH Forum St John's Church, Maroubra

volunteers for the warm welcome received. Some 60 local neighbours were in attendance, actively participating at any chance they had to ask questions.

A very positive and motivational event for all involved.

3. **SUTHERLAND BIPOLAR SUPPORT GROUP** – Our support group which functions at the Sutherland United Services Club is well supervised and also contributed to by a group of psychology students from the University of Wollongong. All from time to time officiating as volunteers, coordinators, students and contributors. Claire Bowley (Co-Coordinator), Caitlin McCrudden, Breanna McGaffin, Steffil Prince, Julieanne Lowe, Justine Shaw and Faye Rossiter, thank you for your time and energy!

This is a wonderful experience for all of us, because we learn from these young ladies and they also learn firsthand from the consumers and families: What is it like to be on the receiving end of mental illness?

They normally would be limited to the academic knowledge received, however these fortnightly sessions provide them with "real life" experiences that hopefully will hold them in good stead in the near future.



Sutherland Bipolar Support Group



Topo, Christina Riolo, David Laanemaa, Fr. Jim Crossweller

10 October	WORLD MENTAL HEALTH DAY BIPOLAR Education Foundation Launch [Saatchi & Saatchi, SBS Channel, Nova 96.9, Val Morgan]
12 October	MENTAL HEALTH EXPO – University of Wollongong and the Illawarra MHR Institute
28 October	MENTAL HEALTH EDUCATION FORUM – University of NSW (Organised by UNSW, Anglicare & BEF)
October	MENTAL HEALTH SUPPORT GROUP NETWORK – Mental Health Association NSW Inc.

ARTICLES of GENERAL INTEREST

1. GIDGET FOUNDATION (Perinatal Depression)

The Gidget Foundation exists to promote awareness of Perinatal Anxiety and Depression amongst women and their families, their health providers and the wider community to ensure that women in need receive timely, appropriate and supportive care.*

*Perinatal anxiety and depression was previously known as postnatal depression. This term now encompasses the time of pregnancy till one year after the birth of the baby.

The Gidget Foundation was established in 2001 after the tragic death of a young mother suffering from postnatal depression. The Gidget Foundation is a charitable organisation, working to provide synergy with individuals and institutions supporting women with perinatal mood disorders. The work we do is funded entirely through donations and grants.

We are involved with community events, medical education, and have established a number of initiatives. All funds raised are directed to programmes supporting women during the perinatal period. Around 1 in 5 mothers will experience anxiety and / or depression during their pregnancy or after their baby is born. This affects around 50,000 women in Australia each year. One in 10 fathers will also experience symptoms of anxiety and depression during this time.

Parenthood is a major life event and the impact is often underestimated in our society. While caring for a new baby can be a remarkable and special time, it can also be relentless and exhausting. Many new mothers and fathers can feel confused and overwhelmed. Most women will experience a range of emotions during the first year after giving birth. As a general rule, if a mother is experiencing strong feelings that are impacting on her life and her ability to cope that last



for 2 weeks or longer she should consider a conversation with a health professional. Women affected by other mental health disorders, including bipolar disorder, may manifest specific symptoms in the perinatal period. Preconceptional counseling, preparation for pregnancy and birth and optimization of medication are valuable steps that women can take to help them through the additional potential stress associated with having a baby.

The Gidget Foundation has established the following initiatives ...

- **Tresillian Scholarship** awarded annually – postgraduate nurse education
- **Educational DVD** produced collaboratively with PANDA and ABT - will be available to be used in antenatal and postnatal settings.
- **Emotional Wellbeing Antenatal Screening Program** at North Shore Private Hospital supported by the nib Foundation. The first program of its kind to be established in a private hospital setting in Australia. We look forward to developing a future relationship with promotions and fundraising activities with the BIPOLAR Education Foundation.

Dr Vijay Roach, Obstetrician and Gynaecologist
Chairman Gidget Foundation
PO Box 275 Brookvale NSW 2100 Australia
w: www.gidgetfoundation.com.au

2. DANIEL COHAVY (ISRAEL)

Daniel Cochavy from Jerusalem, visited us in June 2010 as part of his latest Australian trip. Daniel has been Research Assistant at the Hebrew University and currently is a guest lecturer in several universities around the world: eg Australia, New Zealand, USA, Canada, UK, South Africa and other countries from Non-English Speaking backgrounds in Asia, Africa and Europe.

Daniel is a well travelled Consumer Activist and also well connected with Global Consumer Groups. I initially met Daniel during THEMHS October 2008 (The Mental Health Services Conference) in Auckland, New Zealand. It was a real pleasure to share some time and views with Daniel.



UNSW winners . . .Vanessa Venturi, Clare Wakefield, Michael Kasumovic, Frances Kay-Lambkin and Michelle Moulds

3. BEF's VTeam Member Wins 2010 Research Award

Assoc. Professor Michelle Moulds (Experimental Psychologist) was recently awarded the "NSW Young Tall Poppy of the Year" recognised as a young scientist who has excelled at research, leadership, and communication. A/Prof. Moulds' outstanding contribution to the scientific understanding of depression is nothing short of extraordinary. "Rumination" is a core cognitive feature of clinically and residually depressed individuals, and has been linked to the duration, severity and maintenance of depressive episodes" A/Prof. Moulds said. Michelle has been an integral part of the VTeam since 2008 and we also feel proud of her achievements.

LETTERS

Sparring With Bipolar Disorder

By Dan Bardar

For the last 15 months I have been a regular attendee of a Bipolar Support Group at Sutherland which meets fortnightly. This group is for consumers, relatives and friends. It provides a self-help scenario where every member contributes his/her experiences of mental illness and Bipolar Disorder in particular. Some months ago I wrote about my experiences with Bipolar Disorder for the purposes of being published in "The Bipolar Express" newsletter.

Incredibly, at least for me, my story stretched to 21 pages. A few weeks ago I agreed to write an abridged version of that story. I am hoping that this article can help other people to understand the many aspects and complexities of mental illness and also provide hope for people who are struggling to pull through their own particular illness.

The fundamentals of Bipolar as I see it

One of the most difficult aspects of having a Bipolar condition is informing new friends about having Bipolar. When meeting someone for the first time I usually get asked what I do for a living. My response to this is that I am a pensioner.



Most people assume, from that response, is that I have some sort of physical disability. When I inform them that I have a form of Bipolar Disorder with psychotic episodes they do not know what to think. Therefore I have made it a habit to explain what having a Bipolar condition is like. I do this not just to inform them but also to ensure that if some of the symptoms start to develop in my character that they are not hesitant to inform me so that I can seek appropriate help. In the past 14 years I have had five hospitalisations resulting from becoming manic and then psychotic.

In the Bipolar condition, a person alternates from being normal to manic or depressive. The length of time being manic or depressive or stable, depends on each individual's illness and biology.

The symptoms of me becoming manic include having grandiose thoughts or trains of thought that are not connected or logical. The first time I had a psychotic episode I convinced myself that a murder was going to occur.

Therefore I took what I thought was appropriate action and went to the police and reported this upcoming murder. There was no real basis for my thoughts and I was admitted to a hospital to be treated for acute psychosis. In another instance I was speaking to a friend over the telephone and for no reason I asked if he liked chocolate. The question was not in context with our conversation. Even though the question was not violent or threatening it indicated that I was unwell or ill at the time. On the other end of the Bipolar spectrum is depression. My first encounter with depression was as a teenager.

I became acutely depressed and attempted suicide. I was not successful and I received a lot of support from family and friends. It was at that stage that I decided that I would not ever attempt suicide again no matter how bad my life seemed. In my experience, 'depression' (as a clinical term) relates to the slowing down of mental function.

For me it does not necessarily relate to being an emotional condition, ie being sad or upset.

Alcohol, for instance, is considered a depressant because it impairs normal thought patterns. After my manic episodes I tend to become depressed. I have never been treated for depression however I know that my thought patterns are not as sharp compared to when I am completely 'well'. My thoughts are presented as if I am in a dream or a fog and I am slower than normal in conversing with people in a normal fashion.

Coping mechanisms that I have developed over the years

It has been 14 1/2 years since I had my first psychotic episode. Since then I have had four episodes which have resulted in hospitalisations. With each hospitalisation I have been treated with different medications. However, it has been a combination of medications and psychotherapy that I believe have got me on a path to becoming cured.

One of the common denominators that led me to becoming unwell has been a lack of sleep. I was picking grapes in hot weather before my first psychotic episode. Normally I do not make a living from doing laborious jobs. I had the idea of picking grapes before I went on a backpacking trip from my native Canada to Australia.

I was not getting proper sleep . . .

Late in the stages of picking grapes, over a period of a few days, I became more and more agitated. I was not getting proper sleep and eventually my thought patterns became obtuse. It was then that I convinced myself that a murder was going to take place.

After an encounter with the police I was admitted to a hospital for treatment of acute psychosis. After that hospitalisation I returned to Canada and had psychiatric treatment in the form of prescription medication. Eventually I was weaned off the medication as my episode was considered a one off event. I was not drinking alcohol or doing any illicit drugs. With the help of a psychologist I was able to obtain a nine month

contract for employment with a major bank. It was during my nine month contract that I met my wife to be, Kylie.

She was backpacking in Canada on a working holiday from her native Australia. After my nine month contract was up I was offered a training role as a Service Manager. I accepted that and after two-three months training I was offered a permanent role in a small town, Slave Lake.

I asked Kylie to move with me and she accepted . . . everything in our relationship was working out. When I started my role in Slave Lake I was thrust into a position of responsibility and had a lot of tasks to do. The branch had been neglected for a long time. I found myself not being able to cope with all the duties I had to perform and maintain my developing relationship with Kylie.

It was at this stage that I started drinking alcohol in excess. Over a period of about a week I started to become agitated again and I was not sleeping properly. I knew at that point that I was relapsing into another psychotic episode and rang my Dad to help me out.

I was then taken to a mental institution where I spent the next few weeks recovering. Now it was official that I had a chronic problem. In the years since those first two episodes, I have had three-four psychotic episodes requiring hospitalisation. In all of the episodes I have had a history of becoming overwhelmed with everyday life, like working and maintaining a marital relationship. Also it has become clear that I need extra sleep if I have a late night out, whether I drink alcohol or not. I have made a habit of avoiding caffeinated products late in the afternoon so that I do have proper sleep. I also limit my alcohol consumption and only drink in moderation.

My future plan is to reduce my consumption to zero as I want to improve my physical condition. When the weather is warmer I will start swimming regularly. Over the years my physical condition has deteriorated. I used to be very active physically and now I have the time to actually follow through with a workout plan. I have been advised by my doctor that becoming more active physically will have a positive follow-on effect for my mental wellbeing. In essence, keeping my life simple has been the key to keeping well.

It became noticeable to me that all of my psychotic episodes happened every two years. Knowing that I have been very careful to ensure that my life has not been overwhelming and I have limited daily activities to avoid another relapse into psychosis. Also I have made a point of extending the lease on my unit so that I have a stable home to return to.

I have a history of not staying in one place for an extended period of time. As I write this it has been about 2 1/2 - 3 years since my last hospitalisation and I have been living in the same place for 7 months. The thoughts above relate to how I manage my illness. However there are a lot of people that have helped me along my journey.

I have been formally counselled by a few psychiatrists, psychologists, case workers and nurses. Informally I have

heeded the advice of numerous friends and family and support groups. In particular I have found that the Bipolar Support Group is a friendly, safe, honest, empathetic and de-stigmatised environment where members can share different opinions for consideration.

I attribute my regular access to group meetings to making a world of difference in my recovery. From each health care professional, friends and family I have considered their advice and always, *always* taken my prescribed medication.

Summary

It has taken 14 1/2 years of moving from place to place, job to job but I think that I am on the path to being cured. I hope that this article can provide inspiration to others that are diagnosed with Bipolar Disorder.

I think that with perseverance and the right combination of medication and advice that a person can overcome the Bipolar Disorder symptoms.

Taking responsibility for our own actions and having a mature attitude towards the treatment of Bipolar Disorder is of paramount importance!

LETTERS

Defeating Anorexia Athletica – One woman's journey through exercise 'addiction' and beyond

By Marion Maclean

Defeating Anorexia Athletica is my recently published book, it is my story charting my life-threatening battle with this obsessive-compulsive exercise addiction illness. This story is about an often painful journey as it was to me but also touches on the complexities of people's fixation with physical perfection, eating disorders like anorexia and bulimia and obsessive-compulsive disorders. I also touched upon the obvious but unquestioned links between diet pills, mental illness and suicide.

This memoir has been a lifetime in the making and while I began writing it to bring healing and closure to the myriad of issues affecting my life, ultimately I wanted to tell my story to raise awareness of anorexia athletica, the addiction to exercise – still a relatively unexplored topic – and deliver fresh hope and understanding to anyone touched by addiction, depression, anorexia or mental illness.

This journey of discovery and self healing graphically describes my metamorphosis from an obsessed and depressed little girl lost, to a healthy mother with a blossoming and balanced life. So when Topo invited me to write for The Bipolar Express I couldn't pass on the opportunity.



My book contains well-researched data and plenty of what I consider humorous anecdotes; however **Defeating Anorexia Athletica** is no sob story, but a sobering, enlightening and consistently hopeful memoir and account of the ways in which our childhood influences the person we ultimately become.

Through my recovery I explore how I came to understand my mother's tragic story - I saved my own life and defeated a secret addiction our society has failed to properly acknowledge. I live in Wollongong, South of Sydney NSW and run a successful on-line business, mentoring clients to live a permanent healthy lifestyle without pills, potions, gimmicks or quick fix promises.

Anorexia Athletica is a great place for Anorexia to hide. It is an addiction to exercise, also known as compulsive exercise. Anorexia Athletica is just as serious as Anorexia Nervosa and Bulimia Nervosa. These diseases can go hand-in-hand, and it is still a relatively unexplored illness. I have included the first chapter of my book as an introduction to a series of struggles. It has been labelled "One woman's journey through exercise 'addiction' and beyond".

"I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again"
William Penn (1644 – 1718)

The Family Secret (Chapter 1)

"Here," he said, handing me a bulky envelope. "What's this?" I took the envelope. Heavy, like a wad of paper. "Read it," he said softly but determinedly. "You need to know." And then he left. Marc, a strict evangelical Christian who lived a life about as far from mine as you could get, was not given to drama, but he'd watched as my marriage floundered and my mental and physical health deteriorated. I'm sure he knew I'd several times attempted suicide. Only days before I'd rung him, in depressed exasperation - after yet another promising attachment crumbled at my touch.

"Why can't I be like other people?" I'd moaned. "Why can't I have a proper, loving relationship that lasts?" At the time he'd said nothing. I carried the envelope into my room and sat on the edge of the bed. I didn't know what I was holding, but I was nervous. Coming from Marc, it had to be important.

I felt light-headed and could hear my own heart pounding. Slowly I slid the bulky document out and read the first of what looked to be about 50 pages: 6.10.1970 Statement regarding Avril Maclean aged 29 of 9 Penguin Place, Tregear.

She was first admitted to Parramatta Psychiatric Centre on 18.3.70 when a diagnosis of schizophrenia was made. She was found to have an IQ of 86. She was a married woman with 3 children who migrated from Scotland in 1965.

After the shock of realizing that I was actually reading about my birth mother, I became lost in the drama of the story unfolding. The dry, legal language recounted Avril Maclean's diagnosis with schizophrenia and her repeated admissions to psychiatric hospitals in Sydney. Although she suffered from "hallucinations and an inability to cope", during one admission she showed signs of improvement and it was decided that she would benefit from having an 'outside' job.

The bland language midway through the report continued: She started work on 30.9.70. She left for work at the same time on 1.10.70 and did not return to the hospital that evening. Police and husband were notified.

In view of the apparently greatly improved condition prior to her going out to work, it came as a shock that she was found dead at The Gap on 2.10.70. — G.J.M. Westering, Psychiatrist, *"It came as a shock" - the words echoed in my brain.* I read the report over and over again, trying to make sense of something I could never even imagine. My mother, Avril Maclean, had jumped over The Gap. At age 29, despite having three young children and a husband, my young mother had killed herself – and for 27 years I had been kept in the dark. This discovery left me inconsolable. I slipped from the bed to the floor, completely unaware of where I was or what I was doing. Paralysed by shock and grief I sat on the floor clutching the Coroner's Report, weeping and unable to move. As the afternoon turned to evening, and evening turned to night, I stayed there motionless on the floor.

At first stunned and empty, gradually I felt some capacity for rational thought returning to me. What was all this about, I asked myself. Why had I been misled about my own mother's death? And if I'd been told lies about her death, what was there to know about her life?

As I struggled with my shock and grief, I was determined to find out. I embarked then on a journey to understand why my mother took her life. It turned out to be a journey that saved my own.

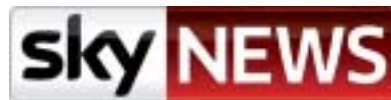
The book can be found at: www.dymocks.com.au or for more information you may visit my site: www.marionmaclean.com.au

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SAATCHI & SAATCHI



DOUBLE SIX
PRINTING + DESIGN

THE 2010 BEF FUNDRAISING APPEAL

CONTRIBUTION TYPES – <u>A 5 year pledge</u>	
Bronze Partnership:	\$ 1,000 - per annum <input type="checkbox"/>
Silver Partnership:	\$ 2,000 - per annum <input type="checkbox"/>
Gold Partnership:	\$ 5,000 - per annum <input type="checkbox"/>
Platinum/Corporate Partnership:	\$15,000 - per annum <input type="checkbox"/>
Other: \$ _____	

Please complete the attached form stating all your details, chosen form of payment, and chosen amount. We will then process your request and send you an official tax receipt.

Full Name: _____

Full Address: _____

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Contact Ph No's: _____ Fax No: _____

PAYMENT OPTIONS & INSTRUCTIONS

Cheque **Credit Card** **Direct Transfer** **Cash** **5 Year Pledge**

(Please tick your choice, and supply card type and numbers where appropriate/required)

Card type: _____
 Card Expiry Date - Verification number Amount \$ _____

Name on card: _____ Signature: _____

i) CHEQUES made to: Bipolar Education Foundation (or simply: BEF)

ii) DIRECT Internet Transfer = You may choose to make your contribution into:
 Westpac Bank Acct No: 33 57 82 – BSB 032-007 Account Name: Bipolar Education Foundation (or BEF)

iii) DIRECT BANK DEPOSIT = You may choose to deposit your contribution over the counter at any Westpac Branch, please quote the above banking details.

iv) CASH = We will only accept cash when we are able to provide you with our Official Receipt on the spot.

a) I wish to become a Member of the FRIENDS of BEF Group (FOB) (Tick your option): YES NO
 b) I wish to subscribe to "The Bipolar Express" YES NO

Please email, fax or post the completed form to the address below.
 For any further information please visit www.biplor-edu.org

We look forward to a mutually rewarding and continued association through Mental Health Education.

*With our best compliments,
 BEF Board of Directors.*

L. 46, MLC Centre, 19 Martin Place, Sydney NSW 2000
 Ph +61 (0)2 8116 3289 Fax +61 (0)2 8116 3111 or Email info@TF4E.org
 A Division of Topo Foundation for Education Ltd ABN 23 127 828 479

