

The Bipolar Trek Launch!

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Dear Bipolar friends,

It is with great pleasure that I welcome you to our new bipolar blog hosted by [Psychcentral.com](#)
[m](#) **–Bipolar**

Trek: The Voyages of BipolarLab

I met [Dr John Grohol](#) quite early in my online psychology days back in 1996 when he was starting Psychcentral.com, and I was beginning my psychology degree in rainy Scotland. Since that time a lot has changed and I was always happy to see Psychcentral's tremendous growth driven by John's passion and energy for mental health education.

So in 2012, I am really happy and grateful that John will be hosting our blog.

Coming from a relatively illiterate Greek culture (illiterate in matters of mental health) it always made so much sense to me to educate the public, and most importantly patients, about mental health and psychology in general. We have come a long way since 1996 in all fields of mental health and people across most countries are far more knowledgeable than before.

But there are always going to be new patients (unfortunately), and always members of the public in different countries who can benefit from our knowledge.

I am happy that our blog will be next to Dr Fink's and Joe Kraynak's [Bipolar Beat blog](#) and also Tom Wooton's [Bipolar Advantage blog](#)

. I have always found the Bipolar for dummies self-help book having the right amount of humour along with important practical advice – and Tom's bipolar advantage psycho-educational approach an exemplary patient-led programme.

Our blog will also be about bipolar disorder but given our different backgrounds the focus will be different. We believe in evidence-based care - actually all our bipolar programmes and therapy services are based on data-driven research. We also love to use technology to help our patients to monitor themselves and our treatments.

We will try to write about clinical research with important clinical applications, new and old bipolar friendly gadgets (electronic mood diaries, activity monitors etc.), and occasionally some of us we may rant about the mental health situation in Greece ([BipolarLab](#) is mainly powered by mighty crisis proof Greeks).

I expect the greek posts to become quite popular given how tragic things are in Greece – we have a special word for actually describing such situations – “tragelafika” – meaning hilariously tragic (so tragic you can only laugh about it).

We would also be happy to occasionally answer a question or two based on our expertise. You can check more about our team [here](#) and direct all your questions or ideas about future posts to our