

With regards to treatment, we are currently offering **a novel befriending service providing [psychological support](#)** and also **[specialist Cognitive Behavior Therapy \(CBT\)](#)** to people with bipolar and unipolar depressive disorders.

Through our [Lifestyle support](#) programme we are also **tackling problems with lack of activity and bad nutrition** that have a significant yet much neglected role in our emotional well-being.

All treatment programmes are also open to relatives and friends of people with mood disorders who may need ongoing support or even treatment. [Research](#) has shown that a significant number of relatives and partners experience considerable burden and also suffer from a range of mental health problems.

Again it is important to re-iterate that **all the interventions** we support and undertake **are based on important data-driven research** that has demonstrated a degree of effectiveness in bipolar disorder and/or unipolar depressive disorders.