Successful management of bipolar disorder requires a close relationship between you and your patients. The following treatment schemes can provide support in the management of depressive and mixed-manic episodes – as well as long-term treatment. They have been developed in collaboration with the British Association for Psychopharmacology and the Manic Depression Fellowship.

The British Association for Psychopharmacology (BAP) was founded in 1974 “to advance education and research in the science of psychopharmacology for the public benefit”. Membership is drawn from a broad range of professionals working in academic, NHS and industrial settings. BAP has a prominent role in providing independent, high quality training for clinicians with an interest in psychopharmacology and a natural extension of this activity is the BAP Guidelines on the treatment of bipolar disorder. www.bap.org.uk

The Manic Depression Fellowship (MDF), established in 1983, is a user-led organisation and registered charity, providing information for people, friends and families whose lives are affected by bipolar disorder. Nationwide support and services aim to enable people with bipolar disorder to take control of their lives. MDF works to provide new services, which reflect the needs of their members, and seeks to combat the stigma and prejudice experienced by those suffering from bipolar disorder. www.mdf.org.uk

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INITIAL TREATMENT SCHEME – MANIA / MIXED EPISODE

These treatment algorithms apply directly to patients who are not already on maintenance therapy. However, for patients already on therapy, the intention is simply to optimise the long-term medication, under the existing treatment plan and apply the same principles as suggested in the algorithms.

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INITIAL TREATMENT SCHEME – DEPRESSIVE EPISODE

These treatment algorithms apply directly to patients who are not already on maintenance therapy. However, for patients already on therapy, the intention is simply to optimise the long-term medication, under the existing treatment plan and apply the same principles as suggested in the algorithms.

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LONG TERM TREATMENT SCHEME – MAINTENANCE THERAPY

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