



# Survey on tapering medication for bipolar disorder

We are conducting an international survey on how people with bipolar disorder experience tapering or discontinuing mood stabilizers.

There is currently limited guidance on how mood stabilizers should be safely tapered. By sharing your experience, you can help us better understand current practices and inform future research into safe and effective tapering strategies.

## You can participate if you

- are **18 years or older**
- have been **diagnosed with bipolar disorder** by a healthcare professional
- have **ever tapered or discontinued** a medication used to manage your bipolar disorder

This survey has been informed by input from Bipolar UK, the International Society for Bipolar Disorders (ISBD) Lived Experience Council, and the Depression and Bipolar Support Alliance (DBSA).

## PARTICIPATE IN OUR SURVEY HERE

*Please feel free to share this invitation with others who may be interested in participating.*

Thank you for helping us learn from your experiences.

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