Mondays
1–2 P.M. ET

Group begins May 24 and ends July 19.
You can join after the start date.

Bipolar Support Group

Connect with other students who have a bipolar diagnosis and are facing similar challenges and questions. The group is a place to talk about difficult topics like stigma, medications and symptoms related to a mood disorder.

Open to both undergraduate and graduate students of all genders.

Pre-screening is required to join. Fill out the CAPS Phone Request Form at bit.ly/capsphonerequest or speak with your CAPS provider to get started.

Group Facilitators:
Sarah De Young, LMSW
(deyoun80@msu.edu)

Anel Arias, PhD
(ariasane@msu.edu)

Location:
HIPAA-Compliant Zoom

Participation in CAPS programs is not restricted based on sex or race. All MSU students are welcome to participate based on the clinical recommendations of CAPS staff.

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