

# Interested in Recovery?

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For a short time, we are inviting adults living with bipolar disorder to help test a new tool to help you create a recovery plan.

## Create your own personal plan online

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You are eligible if:

- You live in the U.S.
- You are at least 19 years old
- You have access to a computer with Internet connection, *and*
- You have been diagnosed with bipolar disorder

## It's free

Researchers at Group Health's Center for Health Studies in Seattle are working with The Depression and Bipolar Support Alliance to test a new support program for getting and staying well. The program offers information, recovery tools, and community discussions. As part of the study, you might be chosen to receive one-on-one support from an **online peer coach**.

There is no cost to participate. This research project is funded by the US National Institute of Mental Health.

Registration is open through August 2009, and enrollment is limited. Please sign up online if you are interested!

**Register for the study: [www.myrecoveryplan.org](http://www.myrecoveryplan.org)**