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### Bipolar Express



**"Highly commended" in the Association for International Broadcasting awards, 2015**

**The Bipolar Express** is a 30-minute roller coaster ride through the euphoric highs and debilitating lows of the bipolar mind. Produced and presented by **Sadie Kaye** (Radio 3's "Miss Adventure"), the documentary gives an enlightening account of the perks and the pitfalls of living with bipolar disorder.

Featuring interviews with bipolar comics Ruben M Tuck and Josh Walters, and Hong Kong ballerina Kiki Wong, as well as Hong Kong's leading expert on bipolar disorder, Dr. Barry Connell, this quirkily styled production was made with a serious mission in mind: to fight the stigma and stereotypes attached to mental illness in Hong Kong and to spread awareness of a condition most people know little or nothing about, and yet is believed to affect as many as one in fifteen of us.

For information on bipolar support groups in Hong Kong and a wealth of articles written by others who have the condition, visit

Sadie's blog - <http://bipolarhk.com>.

*The Bi-Polar Express* airs this Sunday at 8:30, on Radio 3

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