

**BipolarLab's initial consultation is the first point of contact with a Bipolarlab mental health specialist.** At present, [Dr Yannī Malliaris](#) conducts all initial consultations.

The aim is to conduct an initial assessment of your needs and your current mental state in order to screen for the suitability of our services and guide you accordingly. The same initial assessment applies to relatives.

**Before the consultation,** you will be asked to complete two forms. The first form has a few questions about your current circumstances and history and the second form contains two questionnaires about your current mood.

**During the consultation,** we will discuss your current mood state and circumstances, your most recent mental health history, your physical health and other medical needs, your current circumstances and social needs, and your overall treatment goals.

**At the end of the consultation,** you will be given an oral report about your current state, and needs we have identified and we will make recommendations about BipolarLab's services or, if more appropriate, other suitable services or professionals. A brief written report can be provided at an additional cost.

If you combine it with [my Mood Pulse](#) you can have the best possible initial assessment of your current state and needs.

### **[Get started here!](#)**

It is of paramount importance to us to deliver the best possible services to the most suitable patients and relatives in order to yield the best outcomes and maintain a high quality of service. Hence we employ strict clinical and research criteria for selecting the most suitable participants for our private services. It is therefore possible that you will not be able to participate in some of our programmes even though you may be able to pay for them. If so, we will explain the reasons why and we will try to find together something that will be more suitable to your clinical needs.