



Heston Blumenthal is a chef with bipolar disorder, which means he has very high and low moods. His family found it hard before he got help.



Heston saw things that weren't real. He went to hospital and started taking lithium. It helped him feel better.



Heston's story shows it can take years to get help for bipolar disorder. This can make life hard for them and their family.



There aren't enough doctors to help everyone with bipolar disorder in the UK. Some people don't get the help they need and feel very sad.



Heston shares his story to help others with bipolar disorder. He shows that with the right help, people can feel better and live happy lives.