

DBSA Greater Chicago  
6666 N. Western Avenue  
Chicago, IL 60645-5024



**Depression and Bipolar  
Support Alliance –  
Greater Chicago**

**Do you - or does  
someone you  
know - have a  
mood disorder?**

**We've been there.  
We can help.**

**Depression and Bipolar Support  
Alliance–Greater Chicago (DBSA-GC)  
6666 N. Western Avenue  
Chicago, Illinois 60645  
Phone: (773) 465-3280  
E-mail: [wecanhelp@dbsa-gc.org](mailto:wecanhelp@dbsa-gc.org)  
Website: [dbsa-gc.org](http://dbsa-gc.org)**

ADDRESS SERVICE REQUESTED

Nonprofit  
Organization  
U.S. Postage  
**PAID**  
Chicago, Illinois  
Permit No. 7061

**We've been there.**

### **Facts about Depression and Bipolar Disorder**

More than 25 million Americans suffer from mood disorders. In many cases, families and friends suffer with them. After diagnosis, a treatment plan, and medication, patients and families need to understand how these illnesses will affect their lives and how they can start the journey toward recovery. Support from others, like that provided in support groups, is vital to ensuring a lifetime of wellness.

In unipolar depressive disorders or *depression*, individuals experience the classic symptoms of chronic sadness. The depression may become so severe that suicide is considered as a viable option. **However, suicide is a permanent, irreversible solution to a temporary problem.**

In *bipolar disorder*, individuals may experience a combination of low moods, with swings to high or even euphoric *manic* moods. Many individuals make poor judgments in these situations causing great distress to themselves and their families.

Both of these illnesses are treatable. Support groups, partnered with medication and a psychiatrist and/or therapist, can be very helpful.

For more information on mood disorders and how we can help, visit our website at [www.dbsa-gc.org](http://www.dbsa-gc.org), or e-mail us at [wecanhelp@dbsa-gc.org](mailto:wecanhelp@dbsa-gc.org), or telephone us at 1-773-465-3280. Right now may just be the best time.

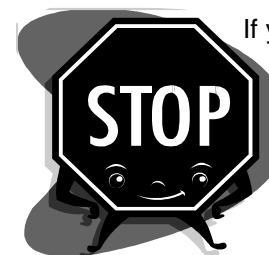
**We can help.**

### **Why DBSA-GC support groups?**

DBSA-GC support groups:

- Provide opportunities to share experiences and learn from others who have “been there.”
- Motivate you to follow treatment plans and take your medications.
- Help you recognize that a mood disorder does not define *who* you are.
- Allow you to rediscover your strengths and find joy in living.
- Are a forum for mutual acceptance, understanding, and self-discovery.

**Take the next step toward  
recovery for yourself or  
someone you love!**



If you feel suicidal or  
are in crisis  
now, please  
call 1-800-  
273-TALK (8255),  
call 911, or go to the

nearest hospital emergency room.

## DBSA - GC Programs

### MONDAY

#### Chicago Support Groups

For patients and family or friends.  
Meets 4<sup>th</sup> Monday of every month,  
7:15 p.m., Devon Bank (lower level).  
CONTACT: Bill Cocagne, 847-823-8293

#### Educational Meeting (guest speaker)

Meets 2<sup>nd</sup> Monday of every month,  
7:15 p.m., Devon Bank (lower level).  
CONTACT: Hank Trenkle, 847-293-7136

### WEDNESDAY

#### Palatine Support Group

Meets 3<sup>rd</sup> Wednesday of every month,  
7:00 p.m., Palatine Public Library, 1<sup>st</sup> Floor,  
700 N. North Court, Palatine, Illinois.  
CONTACT: Judy Sturm, 847-359-4140

### THURSDAY

#### Northwestern Hospital Support Group

Meets 1<sup>st</sup> & 3<sup>rd</sup> Thursdays of every month,  
6:30 p.m., Northwestern Hospital, Feinberg  
Pavilion, 251 E. Huron St., Room 2-716.  
CONTACT: Manny Silverman, 773-497-2711

*The Devon Bank is at 6445 N. Western Ave., Chicago, Illinois. ♦ Free parking is south of the bank. ♦ Enter through the main lobby and go to the lower level meeting room.*

#### DROP-INS ARE ALWAYS WELCOME.

ABOVE INFO SUBJECT TO CHANGE.  
PLEASE CHECK DBSA-GC WEBSITE OR  
OUR TELEPHONE ANNOUNCEMENTS.

**DBSA-GC is affiliated with the  
Depression and Bipolar Support  
Alliance with chapters nationwide.**

DBSA (National): (800) 826-3632  
www.dbsalliance.org

#### Other nearby DBSA groups:

Go to [www.dbsalliance.org](http://www.dbsalliance.org), click Find a support group near you (on the left side of the screen), and follow the instructions from there. If you need help, call our office.

## DBSA - Greater Chicago

**Offers many benefits to those  
with depression or bipolar disorder  
and their families & friends.**

1. We believe that the confidential sharing of experiences with those in similar situations can help.
2. We sponsor self-help support groups made up of laypersons whose lives are affected by mood disorders and led by trained peer facilitators. Groups are composed of people with the illnesses, their families, and their friends.
3. We recognize the importance of seeking the right medical help. Mood disorders are treatable.
4. We focus on understanding the causes and *successfully managing* both unipolar depression and bipolar disorders.
5. We offer regularly scheduled educational meetings for interested persons covering the latest medications, treatments, and therapies.
6. We provide members our *Spectrum* newsletter with information on upcoming events, new treatments, medications, helpful articles, book reviews, and lots of timely information.
7. We present an annual Symposium in April at Evanston Hospital featuring the best minds in the field of mood disorders.

Website: [www.dbsa-gc.org](http://www.dbsa-gc.org)

E-mail: [wecanhelp@dbsa-gc.org](mailto:wecanhelp@dbsa-gc.org)

Call us: (773) 465-3280

**Affected persons will show some  
- but not necessarily all -  
of these symptoms:**

#### SYMPTOMS OF DEPRESSION

- Prolonged sadness or unexplained crying spells
- Significant changes in appetite and sleep patterns
- Irritability, anger, worry, agitation, anxiety
- Pessimism, indifference
- Loss of energy, persistent lethargy
- Feelings of guilt, worthlessness
- Inability to concentrate, indecisiveness
- Inability to take pleasure in former interests, social withdrawal
- Unexplained aches or pains
- Recurring thoughts of death or suicide

#### SYMPTOMS OF THE MANIC OR "HIGH" PHASE OF BIPOLAR DISORDER\*

- Increased physical and mental activity and energy.
- Heightened mood, exaggerated optimism and self-confidence
- Excessive irritability, irascibility, aggressive behavior
- Decreased need for sleep without experiencing fatigue
- Grandiosity, inflated sense of self-importance and own opinions
- Racing speech, racing thoughts, flight of ideas
- Impulsiveness, poor judgment, distractibility
- Reckless behavior, exuberant spending
- In the most severe cases, delusions and hallucinations

\*For the "lows" of Bipolar Disorder, see points above under Depression.

## We Can Help Join Us at DBSA - GC

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (Home): \_\_\_\_\_

(Cell): \_\_\_\_\_

(Work): \_\_\_\_\_

E-mail: \_\_\_\_\_

(CHECK ONE) \_\_\_ New \_\_\_ Renewal

(CHECK ) \_\_\_ Individual (CIRCLE) \$20

\_\_\_ Family \$30

\_\_\_ Professional \$50

\_\_\_ Lifetime \$250

\_\_\_ Donation\* \$\_\_\_\_\_

DBSA-GC may publicly acknowledge this gift.

Please keep my gift anonymous.

Total \$\_\_\_\_\_

**Please make checks payable to:**

**DBSA-GC**

\*DBSA-GC is a registered not-for-profit corporation with the State of Illinois and a 501(c)3 tax-deductible charitable organization.

**Donations can be made in memory of  
or in honor of others. Please contact  
our office for details.**