

About DBSA



Our Mission

DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

Our Values

Community—DBSA creates the opportunity for meaningful lives by compassionately engaging with individuals and providing peer-led support groups, educational materials, and wellness tools that focus on resiliency, achievement, creativity, and connection.

Inspiration—DBSA celebrates peers' accomplishments, including those of the many talented, successful individuals recognized by the public for their contributions to the world.

Wisdom—DBSA advances learning through research and experience while promoting a transformative understanding of mental health through wide, timely dissemination of information about the latest treatments, wellness practices, and lived experiences.

Responsibility—DBSA advocates for the right of peers to choose their own paths to mental, emotional, and physical wellness while promoting structures and practices that advance whole health and accessible care for everyone.

Who We Are

The Depression and Bipolar Support Alliance (DBSA) is the leading peer-directed national organization focusing on the two most prevalent mental health conditions, depression and bipolar disorder, which affect more than 21 million Americans, account for 90% of the nation's suicides every year, and cost \$23 billion in lost workdays and other workplace losses.

DBSA's peer-based, wellness-oriented, and empowering services and resources are available when people need them, where they need them, and how they need to receive them—online 24/7, in local support groups, in audio and video casts, or in printed materials distributed by DBSA, our chapters, and mental health care facilities across America.

What is a DBSA Chapter?

DBSA chapters are independent, local affiliates of the Depression and Bipolar Support Alliance. DBSA chapters are incorporated, nonprofit organizations that are governed by their own board of directors. The selection of services each DBSA chapter offers depends upon the needs of its participants and the community it serves. All chapters offer at least one free, peer-led support group.

DBSA support groups are operated by DBSA chapters. Altogether, DBSA chapters offer more than 700 peer-run support groups around the world. In addition to their support groups, many DBSA chapters offer educational sessions, newsletters, lending libraries, and information on mental health services in your area.

Visit [DBSAAlliance.org](https://www.DBSAAlliance.org) for more hope, help, support, and education.