

## SPECIAL EDITION: MAY IS MENTAL HEALTH AWARENESS MONTH

# THE SPECTRUM

Depression & Bipolar Support Alliance of Greater Chicago

### A Letter from the DBSA-GC President, Bridget Maul

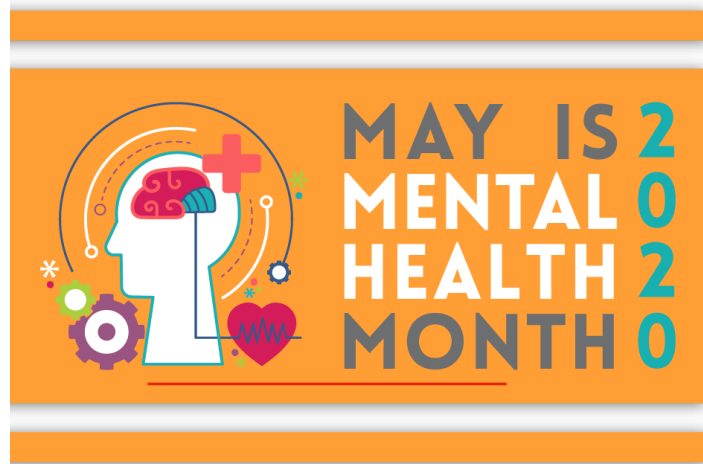
Dear DBSA-GC community:

I've been thinking of you non-stop since the stay-at-home order went into place and I hope you are safe and healthy. Remember: your mental health is most important, and now more than ever we need to stay focused on that. Get outside for a walk, join our weekly Zoom sessions (Did you know we host a yoga class every Monday night? A mindfulness class on Mondays at noon? Music & Wellness on Tuesdays? Have you tried out the cooking class on Thursday nights with a trained chef?) We've built opportunities for you to engage with other members of our community to remind you that **YOU ARE NOT ALONE**. If you're feeling down, please reach out to us! Join our Zoom virtual support groups every Wednesday night!

Lastly, I'm so proud of our DBSA-GC Board, who has gone above and beyond for our community during these unprecedented times to develop all these educational, social and wellness opportunities. On behalf of the entire board, thank you to each and every one of our speakers and health professionals who have so graciously taken time out of their days to talk to our community, we are forever grateful.

Stay positive. This too shall pass.

## May Every Month is Mental Health Awareness Month!



This Spectrum edition is in honor of May's Mental Health Awareness Month. The DBSA-GC Board of Directors is proud to honor this month and our members. You are never alone; we continue to work hard to cultivate a strong and supportive community with you in it.

This newsletter's theme is focused on mind, body and spirit: essential elements for our mental health. You will read about mental health awareness month, gain tools to advocate for mental health, educational opportunities, as well as read shared articles from our members and partner organizations. We hope you enjoy reading! Promote mental health awareness and stay healthy.

## ***Behind the Board***

### **Treasurer Marty Heller**

#### **Facts about Marty:**

- Marty has been a volunteer with DBSA-GC for 9 years!
- Marty designs, fabricates, and installs residential doors! (check them out below)

#### **Questions for Marty:**

##### ***How did you hear about DBSA?***

- I overheard someone talking about DBSA at a PHP group I was attending

##### ***What got you interested in volunteering for DBSA-GC?***

- Being involved with others in similar situations as myself!

##### ***What do you like most about DBSA-GC?***

- DBSA group meetings are "where the rubber meets the road" in knowing one is not alone as they battle for emotional regulation, and understanding by the attendees!

##### ***What are your goals for 2020 for DBSA-GC?***

- My main goal for the remainder of 2020 is to continue to use the mindfulness tools of CBT, DBT and ACT. I learned and practiced to put the majority of suffering behind me!

##### ***What techniques do you use to cope during challenging times?***

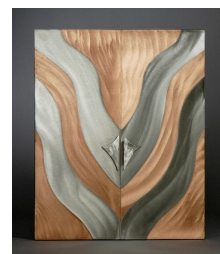
- For the most part, I utilize my learned skills to catch and recognize my thoughts in the present moment in order to be in charge of controlling my mood disorder. The more practice, the more permanent it becomes!



Mental Health Awareness Month has been observed in May in the United States since 1949, reaching millions of people in the United States through the media, local events, and screenings. Mental Health Awareness Month began by the Mental Health America organization.

Each year millions of Americans face the reality of living with a mental illness. During May, there is a national movement to raise awareness about mental health. Annually people come together to fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. In 2020, Mental Health America is sharing Tools 2 Thrive to provide practical tools that everyone can use to improve their mental health and increase resiliency regardless of the situations they are dealing with. We now believe that these tools because of COVID-19 and social distancing will be more useful than ever. [Check out the Mental Health Awareness Toolkit](#)

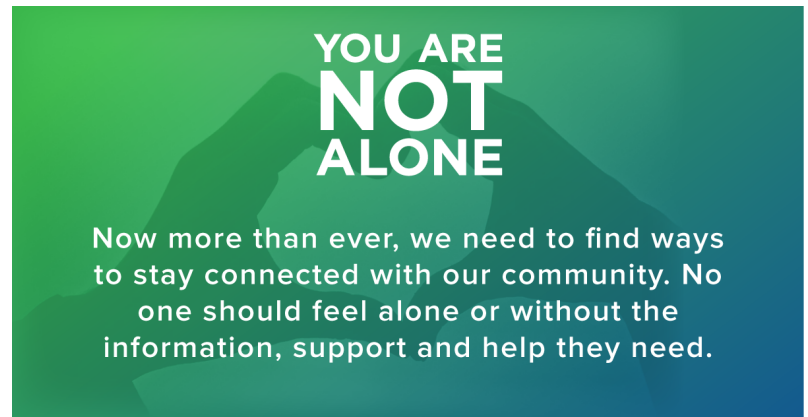


*Marty's front door prototypes*

## You Are Not Alone

One of our partners, the National Alliance on Mental Illness's (NAMI) "You are Not Alone" campaign features the lived experience of people affected by mental illness to fight stigma, inspire others and educate the broader public. Now more than ever before, it is important for the mental health community to come together and show the world that no one should

ever feel alone. The campaign builds connection and increases awareness with the digital tools that make connection possible during a climate of physical distancing. Even in times of uncertainty, the NAMI community is always here, reminding everyone that *you are not alone*.



## Mind

### *'How I'm Battling Depression and Bipolar Disorder During the Coronavirus Pandemic'*

Social isolation is a trigger for mental illness, and that's left one woman struggling. By Kimberly Zapata, Health Magazine

Late last Friday, I sent a text to my psychiatrist. It was a long message, one laced with explanations and apologies. I'm sorry to bother you, I wrote. But I can't call right now. Kids. It was a confusing message. My words were contradictory. I told him it wasn't important but, in the same breath, begged him to reschedule my appointment. I couldn't wait until Tuesday. Getting through the afternoon had been a chore. And that is because the crux of my message came down to three little words.

I'm not okay, I added. Not. Okay.

I don't know why I am struggling. I mean, I do. I have [anxiety disorder](#) and [bipolar disorder](#). While the former causes me to panic - it makes me sweat and shake - the latter is characterized by manic highs and crippling lows. According to the National Institute of Mental Health, bipolar disorder (it used to be called manic-depressive illness or manic depression) "is a [mental disorder that causes unusual shifts](#) in mood, energy, activity levels, concentration, and the ability to carry out day-to-day tasks." The NIMH estimates that [4.4% of adults in the U.S. will experience the disorder](#) at some point in their lives.



Today I am down and sad. The world is in chaos. My family's financial well-being is collapsing. My husband took a (substantial) pay cut. My work as a freelance writer has begun to dry up. I don't know if and when we will fall sick. I worry about the health of my loved ones and the world.

I don't know when I lost control. I was laughing, dancing, singing karaoke, and downing tequila shots a few months ago, and this month I am struggling to get out of bed. But no matter when it started - or why - one thing is clear: [Living with depression](#) during the uncertainty of a global pandemic is tough. Scratch that: It is damn near impossible.

You see, social isolation exacerbates my symptoms. "Social isolation increases stress levels and loneliness levels and decreases social supports both of which definitely exacerbate mental health problems and prior mental illnesses across the board," Gail Saltz, MD, associate professor of psychiatry at the New York-Presbyterian Hospital Weill-Cornell School of Medicine and host of the Personology podcast, tells *Health*.

The coronavirus pandemic has increased my social isolation. No alarm signals the start of my day. I do not have anywhere to go or have any reason to get dressed, so I don't. I've been wearing the same pair of red Christmas pajamas for three days. There is no schedule to keep so I sleep. I've dozed off at 8 in the morning and 3 in the afternoon and headed to bed at 6 p.m. And while my children keep me going, I still have to educate my oldest and feed and care for my youngest, even those duties are slipping. My daughter's homework is (almost) always late. It's been days since I've showered, brushed my teeth, or eaten the food off my plate, and time is a blur. The sun rises and falls but the days feel the same. My life revolves around talk shows, late-night shows, and biweekly trash collections. My mind races quickly, rapidly.

Thoughts swirl like alphabet soup. I struggle to cry. I want to. My eyes burn and my face feels flushed but nothing comes out. While fear and pain are persistent and present, I am also numb.

But the most terrifying aspect of being depressed during a pandemic is that my safety net has been removed. My therapist's office has been closed. My psychiatrist's office has been closed, and the things I usually distract myself with are gone. Work is disappearing. The gym has been shut down, and that scares me. Without an over-scheduled schedule, I am alone with myself and my thoughts.

Are these problems trivial in the face of COVID-19 and the fallout from the pandemic? Maybe. Probably. I am ashamed of my depression. Of my paltry needs and desires. (I can imagine some of you rolling your eyes.) I also feel like a burden to my family, my friends, and my doctor. After all, what do I have to complain about? My loved ones are well and safe. I am #blessed. But I cannot tell if my shame is valid or a symptom of my illness. Guilt and depression go hand in hand.

So while I do not have a plan to "get better", I do have a plan to get up, to get going, and to keep the pain at bay, and that plan is based in structure and routine. I have started setting alarms which say "eat" and "shower". My calendar is now filled with standing appointments not to work but to be with (and care for) myself. I breathe at regular intervals. I tell my daughter in the morning we are going to go for a bike ride or take a walk because she will keep me accountable; she is six and hates the word no. And from reading and cooking to baking and texting friends, my to-do list is full.

My psychiatrist is also in the loop; we have a weekly phone session. And I'm taking three medications intended to manage my mood and anxiety and keep my depression at bay. Does it work? Sometimes. When my Apple watch vibrates, I make it a point to sit up, to get up. I do get off the couch or get out of bed, but admittedly, I drag my feet. It takes me hours to finish a meal. Sometimes I wash my hands instead of cleaning my hair or face because the showering seems daunting. I've also numbed out. I complete chores because I have to, not because I want to. But I'm trying.

I wear two bracelets - one that reads "nevertheless she persisted" and one with the saying "prove them wrong" - to remind myself I am trying. And that is everything. I log little victories in the "notes" section of my iPhone.

So if you are struggling today, know that it's okay to feel anxious and down. Realize that you are not alone; I am right there with you. I am not okay. But I will keep moving forward because I am worth it. We are

worth it, and because mental illness is and always will be a battle. During this crisis we have to make a choice: To stand. To fight. To get out of bed.

For more information about mental health programs and resources, contact SAMHSA's National Helpline at 1-800-662-HELP, call the National Suicide Prevention Lifeline at 1-800-273-8255, or text START to 741-741 to immediately speak to a trained counselor at Crisis Text Line. [Source](#)

## COPING STRATEGIES FOR STRESS + ANXIETY

- Talk to someone.
- Count to 10 slowly.
- Learn what triggers your anxiety.
- Welcome humor.
- Eat well-balanced meals.
- Limit alcohol and caffeine.

ADAA.ORG

## Mental Health Digital Tools

[10 Virtual Therapy and Mental Health Apps to Cope With Coronavirus Stress](#)

## DBSA National: Living Successfully with a Mood Disorder

DBSA's Living Successfully with a Mood Disorder course is designed to help both people living with a mood disorder as well as friends and family learn more

about depression and bipolar disorder, find effective treatments, and create a plan for living well with these conditions. <https://www.dbsalliance.org/wellness/wellness-toolbox/living-successfully-with-a-mood-disorder/>

## Hope for the Day, a DBSA-GC Partner

*HFTD's Mental Health Education Experience, Things We Don't Say!*



*Things We Don't Say* teaches individuals how to be supportive of proactive mental health care for others. We press the discussion about stigma and teach practical skills for early recognition of mental health challenges that often go unaddressed, building to a crisis stage.

**Date: Saturday, May 16th. Time: 2:30 PM - 3:30 PM CST**

[Sign up here](#)

### *HFTD's Conversations Cafe*

Thursdays from 6 PM to 7 PM join Hope For The Day's host, Carl Evans, along with some of HFTD's Agents Of Impact, and Partners In Prevention to discuss the intersections of Mental Health within our communities. Broadcasting live on

[CONVERSATIONSCAFE.ORG](https://CONVERSATIONSCAFE.ORG)



## *Hop into Sip of Hope's Instagram Live*

... On Saturdays from 11 AM to 1 PM CST for open talk, music, and art hosted by Hope For The Day team members Mike & Matt. Broadcasting on Instagram Live [@SIPOFHOPE](https://www.instagram.com/sipofhope)

## Upcoming Mental Health Webinars from PsychU

- [The Effect Of A National Pandemic On The Patient With Bipolar Disorder](#)  
Webinar | May 19, 2020 12:00 pm to 1:00 pm ET
- [The Effect Of A National Pandemic On The Patient With Bipolar Disorder](#)  
Webinar | May 19, 2020 3:00 pm to 4:00 pm ET
- [Managing Mental Health During And In The Aftermath Of A Pandemic](#)  
Webinar | May 21, 2020 12:00 pm to 1:00 pm ET
- [Managing Mental Health During And In The Aftermath Of A Pandemic](#)  
Webinar | May 21, 2020 3:00 pm to 4:00 pm ET
- [The Jail/Prison System and Mental Health: A Discussion on the Stigma and Challenges Faced Upon Re-Entry Into Society](#)  
Webinar | May 26, 2020 12:00 pm to 1:00 pm ET
- [The Jail/Prison System and Mental Health: A Discussion on the Stigma and Challenges Faced Upon Re-Entry Into Society](#)  
Webinar | May 26, 2020 5:00 pm to 6:00 pm ET
- [Social Determinants Of Health And Peer Support: Playing A Role In Mental Health Treatment And Recovery During The COVID-19 Pandemic](#)  
Webinar | May 28, 2020 12:00 pm to 1:00 pm ET
- [Social Determinants Of Health And Peer Support: Playing A Role In Mental Health Treatment And Recovery During The COVID-19 Pandemic](#)  
Webinar | May 28, 2020 3:00 pm to 4:00 pm ET



## Body

### *The Best Types of Exercise for Mental Health*

You have probably heard time and time again that exercise is beneficial for your mental health.

It's true. We've written before about how regular exercise can help manage [depression symptoms](#), boost overall mood, reduce cognitive issues, and alleviate anxiety and stress, along with many other mental benefits of exercise.

This is because physical activity directly affects the brain. Exercise increases blood circulation and the production of Brain Derived Neurotrophic Factor (BDNF), a protein found in parts of the brain that aids in thinking, memory, and learning, all of which may help provide [relief for mental illness](#).

While most people think exercise = running, there are many other options to get the heart pumping. The [four kinds of exercise](#) are cardiovascular, strength training, balance and flexibility.

And within those categories there are even more options. There's yoga and pilates. There's basketball, cycling, dancing, weight training, bowling, gymnastics, golf, boxing, swimming, barre, and so much more. So which one is best for mental health?

### *Finding the Right Exercise for Mental Health*

A study published in [Lancet Psychiatry](#) explored which forms of exercise best improve mental health. In the study, researchers conducted a survey that asked respondents to list what activity they participated in along with how many “not good” mental health days they experienced in the past month.

While the researchers found that all types of exercise were beneficial for mental health, team sports had the best percentage for the *least* amount of bad mental health days. Sports such as basketball, soccer, baseball, and volleyball can be beneficial to mental health, because they not only involve physical activity, but also lead to social opportunities. Forming friendships through hobbies has been known to help with depression and ease [social anxiety](#).

### *Exercises for Individuals*

Team sports not for you? The study found the following exercises that can be done on an individual basis beneficial for mental health:

- Yoga - According to the [American Psychological Association](#), yoga helps with relaxation and easing stress. Eliminating high stress levels is beneficial for those who have uncontrollable negative thoughts, which is common in mental illnesses such as anxiety, depression, and PTSD.
- Cycling - Using motor skills such as biking may help keep white matter in the brain healthy, allowing thinking processes to run smoothly. [Research](#) has found that both healthy individuals and individuals suffering from schizophrenia who exercised on stationary bikes had increased white matter integrity by the end of a six-month period, which may contribute to easing symptoms such as impaired motor coordination and disorganized mental imagery.
- Running - A documentary photographer, Martin Eberleen, found running to be the right exercise for him after he was diagnosed with ADHD. He explained to [BBC News](#) “Running helps me control my thoughts, it slows me down, and gives me the opportunity to focus on the things I need to focus on.” Additionally, a study in [Frontiers Psychology Journal](#) found that running can help control manic symptoms for those with bipolar disorder. The rhythm established by the runner's pace provides a calming effect, which helps facilitate mood regulation.
- Aerobic or gym exercise - The *Lancet Psychiatry* study found that high-intensity aerobic exercise helped promote good mental health. Examples of this type of exercise include using the stair master and elliptical machines.



## Do What's Best for You

If you're interested in using exercise to improve your mental health, this list of activities can serve as a good place to start when figuring out what type of exercise best suits your lifestyle and mentality.

However, everyone has different interests and needs, so don't feel limited to these options or discouraged if an activity doesn't meet your expectations. It may take some time to find the right fit, but your mental health is worth it.

The key to remember is to do what is most enjoyable for YOU. You got this! [Source](#)

## Spirit

### 5 Ways to Lift Your Mood During the Coronavirus Pandemic

Because I could desperately use some good vibes right about now. *By Maggie O'Neill, Health Magazine*

Let's be real: Staying positive can be tough even in the best of times - and now that we're in the middle of a [pandemic](#), keeping a cheery (or honestly, even just calm) attitude can seem nearly impossible. Even as a pretty positive person overall (*Editor's note: This is true - sometimes annoyingly so*), I've found it hard to discover even the smallest silver linings amid reports of [rising death tolls](#), the collapse of the economy, and a leader who inquires about injecting disinfectants. (Please don't do that, by the way!)

Thankfully, I have a standing [weekly therapy appointment](#) but I also recently hopped on a call with Shannon O'Neill (no relation), PhD, a very positive, pleasant therapist, first thing in the morning (honestly, a wonderful way to start your day), to ask what on Earth can help lift our moods during a time like this.

Interestingly, Dr. O'Neill, who's an assistant professor of psychiatry at Mount Sinai Hospital in New York, explained that one reason it's been hard for people to maintain a sense of peace during this pandemic is because it's forced many of us to actually act out behaviors that are typical of depression. "A lot of the rules are mimicking [depression symptoms](#)", Dr. O'Neill says. Think about it: People are being instructed to isolate themselves from loved ones and spend most of their time inside, with very little contact with the outside world. (To be clear, staying indoors isn't causing depression, but many of the [social distancing regulations](#) we're obeying to keep others safe may look a lot like depression symptoms. Also important: Those currently dealing with depression, or others who have previously dealt with it, may feel extra challenged right now.)

Still, Dr. O'Neill gave me some tips on how to lift our moods even just a little bit right now. Here are a few (super simple) practices to do each day to keep your spirits stable during a time when things are decidedly unstable.





**1. Ask what made you happy before this started, then do more of it.**

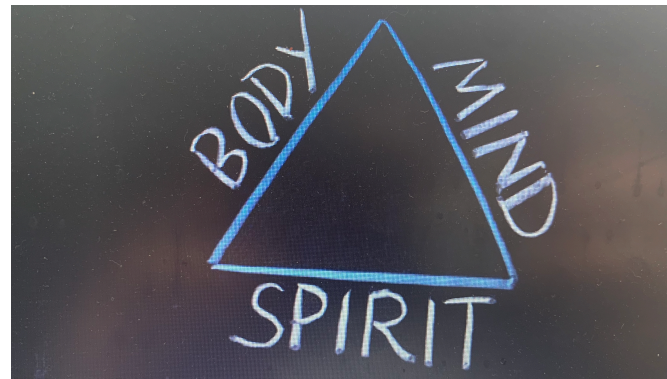
It's getting *really* challenging to remember a time before all of this madness started, but it can be helpful to think back to your normal routine, pre-pandemic, and question what it was that brought you joy. That will look different for everyone, of course: It might include spending time with your family members, getting in a good workout, or connecting with your spirituality (for me, it's running.)

Once you identify what made you happy before *all of this*, make a plan to do more of it. "It sounds simple, [but] it's a type of treatment," says Dr. O'Neill. I'm adding an extra 15 minutes to my outdoor run, or my time spent on the elliptical if it's raining outside, but you could FaceTime your sister a few more times a week or extend your workout an extra 30 minutes. Think of what you like and want to do and then do more of it.

**2. Remind yourself of all you have to be thankful for.**

Bad news is everywhere right now, and if you spend any time at all on the Internet, you're likely going to confront *a lot* of horrifying reports. But you can intentionally try to balance the scale of positive and negative news in your life.

For this, Dr. O'Neill recommends [an app called Three Good Things](#), which I downloaded almost immediately after talking to her. The app, she says, will remind you to log three things you're grateful for every day (think journaling, but on your phone instead.)



There's no shame in keeping it simple, Dr. O'Neill adds, explaining that you don't have to come up with three big wins everyday just three parts of your day that went well (mine: my mom is currently baking her oatmeal cake - one of my faves). If technology isn't your thing, try jotting them down in a notebook, or just stopping to mentally count off three things you're grateful for.

**3. Treat yourself - especially first thing in the morning.**

Being stuck in quarantine can cause you to develop a maddening sense of repetition. Getting up and doing the exact same thing day after day can be both exhausting and irritating, especially in the morning, when you're waking up to this bizarre reality yet again.

A good way to counter this might be to treat yourself to something indulgent when you're going about your morning routine. Dr. O'Neill recommends trying something you normally wouldn't treat yourself to, like a new breakfast recipe or coffee creamer, for instance, or a spa-like shower instead of your normal 15-minute rinse off, so you start your day off with a positive outlook. You can also opt for a more mindful wake-up by starting your day with a morning meditation (like me).

**4. Use any pent-up energy to your creative advantage.**

I know: You've had enough of people telling you to just, like, start a puzzle or something. But doing something creative really *can* help you through this troubling time because it distracts you, especially if you pick a creative exercise that forces you to learn a new skill. Creativity helps you focus on something

that takes all your attention, says Dr. O'Neill. If you've been meaning to teach yourself to knit, get to work on that coloring book you got for Christmas, or dig into more creative writing (guilty!), now's the time to jump into it.

That said, don't make whatever creative activity you try into a competitive exercise. Dr. O'Neill emphasizes that, while trying new things can be a refreshing distraction, it's important not to get caught in the trap of comparing how you're spending your quarantine down time with the way other people are spending theirs. Your number one priority right now (and always, to be honest) should be keeping yourself healthy and well not racing to get ahead of the rest of the world.

### **5. Schedule time to worry (because you're going to do it anyway).**

This might seem counterproductive at first, but, if done correctly, it can actually help you worry *less*. Scheduling time to worry is an evidenced-based practice used by some patients with anxiety, says Dr. O'Neill. But this doesn't mean you can just pick random times throughout the day to wallow in the bad news you hear. Instead, the practice hinges on structure: Pick a 20-minute time slot each day to allow yourself to worry. Get as detailed as you can, even down to planing what chair you'll sit in and what you'll do during this time (such as journaling). Use your allotted worry time to fret about everything that's making you nervous, but set a timer so that you know to snap out of it when worry time is over.

The key is to only worry during worry time - this won't necessarily help you if you allow yourself to keep worrying for the rest of the day. If something worrisome creeps up later in the day after you've already had your scheduled worry time, remind yourself that you can worry about whatever this new problem is, but that you'll have to do so during the next day's worry time. There's a chance that you will have already forgotten about it by the next day's worry time - which might even tell you how insignificant it was in the first place.

## **Member's Corner**

### *The Selective Magic of a Doctor's White Coat*

*Written by Ali Khan*

White coat ceremonies in medical education celebrate the first time medical students put on their white coats. These ceremonies typically occur during the first week of the first year of medical school and are cherished by students, who invite their families and friends. At the front of big auditoriums, deans espouse the coats' magics: wearing it, students are given more authority and their words are empowered so they must be conscientious of the advice they give to patients, a white coat lays a foundation of trust between patient and provider and doctors may hear from patients things they have never told anyone, and finally the white coat serves as an entry into the community of all physicians, an identity, and therefore acts as a shield of armor.

It came as a surprise when my white coat did not protect against the stigma I face in the outside world due to my Pakistani-American identity. We as healthcare professionals and as people are taught to work beyond hurtful comments and actions imposed upon us by others, so we do. However, I see a growing need in medical education to address the wellness of medical students and physicians to prevent burnout that leads to poor care delivery and increased rates of physician suicide. Martin Luther King Jr. said, "Whatever affects one directly, affects all indirectly." I immediately think about how we poorly prognosticate the effects of incremental mistreatment and act as bystanders to erosive processes that, for

example, can disrupt the sacred interpersonal partnerships between doctors and patients, making all of us less safe.

As a medical student, I was able to see patients in the emergency room. One patient was immediately disturbed when I entered their room. I tried to determine what brought them in, but I left the room and told the doctor that the patient was not opening up to me and maybe it would be best if we went in to talk to them together. The doctor started by asking them, “Who is your primary care provider?” The patient, who was staring at the ground, looked up at me, pointed, and said, “Anyone who looks like him, I just call Achmad.” The patient went on to say, “I hope that doesn’t make you angry. I hope you won’t go and shoot me now.”

Here we are in the emergency room where cases are time-sensitive; people may come in with heart attacks or pulmonary embolisms. I felt guilty that my identity was a distraction. Later, the doctor I was working with took me aside and told me, “I’m sorry that happened. The patient decided to come to the emergency



room but then decided to focus on you instead of themselves.” He continued, “They decided to delay their own care and the care of everyone else here today.” I understood. I still felt guilty, but most of all I felt that my white coat had failed me.

Over the next couple months, I had peers - people of color, women, LGBTQ students - share with me that they too were experiencing bias while wearing their white coats. They weren’t always lucky to find support in others like I did with the doctor I was working alongside. There is a growing diversity in the individuals who are adorned in white coats (1) and a simultaneous growth in experiences like the ones I shared and those of my classmates - episodes, often repeated, of feeling guilty for being a distraction or out of place - as well as a discrepancy in which physicians are more likely to commit suicide (2). Burnout is described as ‘emotional exhaustion’ and/or ‘depersonalization’ that can both decrease wellbeing of physicians and quality of care received by patients (3). Looking at the macro- and micro-aggressions faced by some physicians, coming from patients, peers, and supervisors, it is important to point out those early notions of unequal treatment that otherwise we would overlook or rationalize away.

Going further, burnout in medical professionals who face stigma in their white coats is confounded by a lack of support and in some cases mental health. I recently heard a statistic that shocked me: 41.8% of medicine interns experience depression (4).

It is my mission to tell early medical students that we get to decide the next generation’s culture and atmosphere in the hospital; we get to decide how we care for patients, how we treat peers, and how we lead. First, we have to re-evaluate the past, including the legend of the white coat. We can recognize the white coat for what it is or is not, whether it has magic or not, and find magic somewhere else in medicine.



**NEW! FOLLOW US ON INSTAGRAM: @dbsa\_greater\_chicago**

# The Spectrum Newsletter

## *Schedule and Feedback Requested*

Thank you for reading! Got Spectrum Newsletter Feedback? Do you like what you are reading and/or do you want more? We would love to hear what's on your mind. Please reach out if there are topics and ideas you would like to include or share in the next quarterly Spectrum. Anything goes - events, memorials, celebrations, recognition, thank you's, etc.

**2020 Spectrum Schedule** -notices might be distributed outside of the Spectrum schedule as needed

Upcoming Spectrum schedule:

Q3: August

Q4: October: 10/10/20: World Mental Health Day

## Amazon Smile

Shopping online? Support DBSA-GC by shopping with Amazon Smile! At NO CHARGE to you, just choose DBSA-GC as your preferred charity and a portion of your purchases are donated directly to us every time you shop on Amazon! Follow this [LINK](#) to shop on Amazon and AmazonSmile gives back to DBSA-GC!

## Thank you!

DBSA is committed to providing free, quality peer mental health support, but now more than ever we need your help in order to continue expanding our reach. [DONATE TODAY](#) to be a part of what DBSA is building. We've Been There. We Can Help.

## Get in Touch with Us

If you are feeling alone, please know we're here to support you. Your mental health matters to us. If you're experiencing a difficult time, please reach out and we'll do what we can to help you get back on track. **Please join us for our virtual peer lead support groups on Wednesdays at 7pm via Zoom!** as our 25 peer support groups in IL are suspended due to COVID-19. For questions on our peer lead support group or anything else on your mind to get more involved, please reach out to us at: [wecanhelp@dbsa-gc.org](mailto:wecanhelp@dbsa-gc.org). We'd love to speak with you and build our community foundation stronger.