



Depression and Bipolar  
Support Alliance  
Greater Chicago

## **DBSA GREATER CHICAGO**

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CHICAGO, IL 60645-5024  
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### **A GUIDE FOR FIRST-TIMERS**

**Welcome to DBSA-GC Support Groups:**

We welcome you and are happy that you are here. This experience should be of benefit to you. It is important that you know you are not alone. Many other people have mood disorders and we find that sharing and caring really does help.

A support group is what you make of it. For some, it may take longer to participate. You do not have to speak until you are ready. We suggest using “I” sentences ....so that it is clear you are speaking of your own experiences.

Confidentiality is a given for those attending. What you hear is for the group’s benefit and is not to be shared outside. This implied promise is what helps people open up.

You may not always agree with another person’s opinion. That is okay. However, you must be respectful of all the participants and their opinions.

Please go to our website at [www.dbsa-gc.org](http://www.dbsa-gc.org) and sign up for our email list so that we can send you The Spectrum, our bi-monthly publication which has scheduled events and pertinent articles and information.

Remember, everything is confidential. We share NO information with anyone. Any and all group emails are sent Bcc. The emails may not always apply to you personally but many mental health items cross our desk which we do try to share.

DBSA-GC is a not-for-profit all volunteer organization. Some groups “pass the hat” and donating is voluntary! If you can, whatever you can, it is greatly appreciated...if not today, then perhaps another time.... The important thing is: You are here!

Recovery is always the goal and it helps to have a team on your side.

Depression and Bipolar Support Alliance-Greater Chicago [www.dbsa-gc.org](http://www.dbsa-gc.org)

Facebook <https://www.facebook.com/DBSAGC/>

National DBSA [www.dbsalliance.org](http://www.dbsalliance.org)

(773) 465-3280

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

<http://dbsa-gc.org>

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