

# Welcome



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Welcome to DBSA Greater Chicago!

For people who live with mood disorders, support from others is vital to a lifetime of wellness. At DBSA-GC support group meetings, we share experiences, personal feelings, information, and strategies for living successfully. Groups are free, confidential, and open to people living with depression or bipolar disorder and those who believe they may have one of these mood disorders, as well as their family and friends. Our participants say that they attend our support group meetings because it gives them comfort knowing they are not fighting their mood disorders alone. This packet shares details about our chapter, its support groups, and the national office of DBSA.

You will notice that our meetings are focused on self-help. DBSA-GC affirms that each person's journey to wellness is uniquely their own. Our support group is not led by a professional or even an individual certified by a particular authority. Our groups are facilitated by peers, who are also participants. While this group is an important tool, it is not treatment or a substitute for professional care. It is a community of individuals who have gathered to give and gain support. We welcome all who are living with a mood disorder, no matter where you are on your wellness journey.

Participating in a support group for the first time can be intimidating. Please know that you can share as little or as much as you'd like. If you have questions or concerns, please don't hesitate to reach out to us at [wecanhelp@dbsa-gc.org](mailto:wecanhelp@dbsa-gc.org). We are here for you!

All DBSA support groups follow the same structure and guidelines. We have shared these introductory materials so that you can become familiar with our particular chapter. Following that, you will find information on national DBSA's programs. We'll also share announcements and information from the national office, as it is available.

Welcome to our chapter and DBSA community. We are so glad that you are here.

With Warm Regards,

David Crane  
President of DBSA-GC



Depression and Bipolar  
Support Alliance  
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