

Other Ways to Connect with National DBSA



Online Support Groups

DBSA online support groups provide people living with depression and bipolar disorder a place to share experiences, discuss coping skills, and offer hope to one another. DBSA support groups are peer-led, meaning they are facilitated by someone living with a mood disorder. To see a schedule, sign-up, and participate, visit DBSAAlliance.org/OSG



E-Update

Learn about our upcoming programs, services and ways you can become involved. Sign up to receive DBSA's monthly E-Update: DBSAAlliance.org/Join



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I'm here...

One out of ten people live with a mood disorder, which makes it likely that you or someone you know has to manage the day-to-day—sometimes minute-to-minute—challenges that living with a mood disorder poses. Learning how to navigate in an ever-changing world that is still relatively new to mental health treatment can be overwhelming and sometimes isolating not only for those who live with a mood disorder, but also their friends and loved ones. I'm here... is a way for—both people living with a mood disorder and those who support—to open up a channel for communication and to say, "I'm here..." DBSAAlliance.org/ImHere



Depression and Bipolar
Support Alliance

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