

DBSA Believes



1. People living with depression and bipolar disorder can and do lead productive and thriving lives.
2. Depression and bipolar disorder can be life threatening conditions, but are also highly treatable.
3. All individuals living with or affected by mood disorders who are seeking wellness are welcome in the DBSA community.
4. Individuals at all points on their wellness journey should be provided with support.
5. Each person's path to, and definition of, wellness is uniquely their own.
6. Wellness encompasses an individual's whole life, including mind, body, spirit, and community.
7. Peer support can be an immensely powerful tool in helping a person achieve and maintain wellness.
8. Supporters are integral to an individual's wellness and often benefit from accessing support for themselves.
9. There are four basic components to treatment: personal wellness strategies, peer support, medication, and talk therapy. A person has the right to choose to use one, any combination, or all of these components to achieve wellness.
10. There is no one-size fits all treatment plan. DBSA does not recommend or endorse any one particular treatment, but instead offers information and options to support personal decision-making.
11. All individuals have the right to direct their own treatment.
12. Clinicians, researchers, and peers should target complete wellness, not merely improvement, as the end goal of the clinical treatment of mood disorders.
13. Clinicians should work in collaboration with individuals and provide options when developing their treatment plan.
14. All people should have access to quality mental health care.
15. Having the peer perspective at the center of conversations about mental health results in better outcomes.
16. The lived experience should inform everything DBSA does.