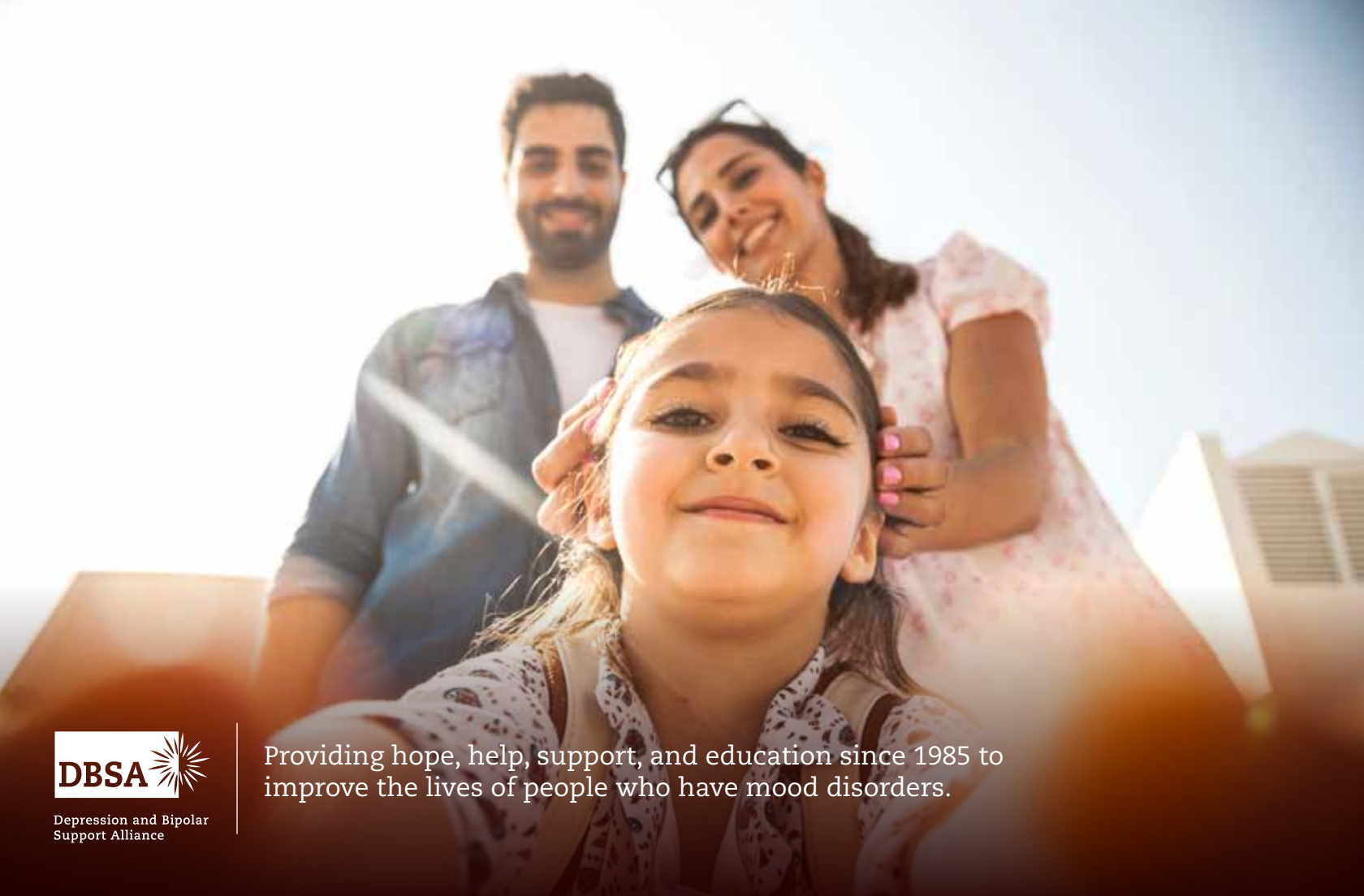

DBSA

Depression and Bipolar Support Alliance

Providing hope, help, support, and education since 1985 to improve the lives of people who have mood disorders.

Who We Are

The Depression and Bipolar Support Alliance (DBSA) is the leading peer-directed national organization focused on the two most prevalent mental health conditions—depression and bipolar disorder—which affect more than 21 million Americans and account for 90% of the nation's suicides every year.

DBSA assists millions of people each year with in-person and online peer support; current, readily understandable information about depression and bipolar disorder; and empowering tools focused on an integrated approach to wellness.

What Makes DBSA Unique

DBSA is led by and created for individuals living with a mood disorder, and that experience informs everything that we do. We are:

Peer led: More than half of the DBSA staff and board members live with a mood disorder and all DBSA support groups are facilitated by peers.

Targeted: DBSA focuses on depression and bipolar disorder.

Innovative: DBSA provides leading-edge, interactive online resources.

Wellness Centered: DBSA informs, empowers, supports, and inspires individuals to achieve the lives they want to lead.

Nationally recognized: DBSA is nationally recognized for our Peer Specialist training services, our mental health advocacy work, our expansive peer support network, and as an expert on the subject of mood disorders.

No matter where you or your loved one is on the path to wellness, we can help.

Are you looking for education?

The first step on the path to wellness is learning as much as you can about your or your loved one's condition.

DBSA offers in-depth, scientifically vetted, and easy-to-understand information about depression and bipolar disorder; online mood disorder screeners; medical, therapeutic, and complementary treatment options; more than 40 educational brochures that can be downloaded for free or ordered online; and wellness strategies and tools through our user-friendly website DBSAlliance.org and companion websites. DBSA offers additional learning opportunities through podcasts, webinars, videos, online courses, and in-person training and events. **DBSAlliance.org**

It was such an eye-opener. I never knew I could have a job one day . . . or even seem normal again.

— DBSA *Living Successfully* online course participant

Are you looking for support from others with similar experiences?

Connecting with others can be a life-line—providing a forum for mutual acceptance, understanding, and self-discovery—whether you live with a mood disorder, are a parent, or support a friend or family member.

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As independent affiliates of DBSA in their local communities, DBSA chapters offer more than 700 peer-run support groups where you will find comfort and direction, and where you can make a difference in the lives of others. Services offered varies by chapter, depending upon the needs of its participants. Most support groups are volunteer run and provide self-help through free, facilitated meetings. **DBSAlliance.org/FindSupport**

THE BALANCED MIND PARENT NETWORK
a program of DBSA

At the Balanced Mind Parent Network (BMPN), a program of DBSA, you'll find resources, connection, and hope for you and your child. BMPN offers online support communities for parents of children with depression or bipolar disorder, ranging from toddler to young adults, as well as a Family Helpline that answers inquiries. The BMPN online library features articles focused on pediatric mood disorders. **DBSAlliance.org/BMPN**

We care for each other in ways I've seldom seen outside of DBSA.

— DBSA support group participant

Are you looking for personal wellness tools?

Personal wellness strategies and tools to help you to work in collaboration with your clinicians can have a profoundly positive effect on the quality of your daily life.

The DBSA Wellness Tracker is an online tool and smart phone app to help you recognize potential health problems and mood triggers. Charting life's ups and downs can help you spot trends affecting your health and treatment. With the DBSA Wellness Tracker, you can track mental and physical health trends, including your well-being, overall mood, mood disorder symptoms, lifestyle choices, and physical health. **FacingUs.org/Tracker** or on iTunes© or Google Play™

DBSA's Facing Us Clubhouse is home to a wealth of customizable personal wellness tools to help you live a full, healthy, and happy life. Inside, you can create a personal wellness plan; chart your emotional, mental, and physical health with the DBSA Wellness Tracker; feed your artist within in the Creativity Center; keep a personal journal; listen to Facing Us Radio; send e-postcards; share wellness tips; and browse inspirational videos. **FacingUs.org**

The Facing Us website saved my life. I love seeing videos of people like me. To get better, it's very important that I don't feel alone.

— Visitor to DBSA's FacingUs.org

Are you looking for mental health professionals or research opportunities?

Finding mental health professionals and treatment facilities that you trust is a crucial element of success. And finding opportunities to participate in research studies may bring you, your loved one, or future generations closer to wellness.

The DBSA Find a Pro search engine compiles mental health care provider and facility recommendations from peers, or the parents of a child, living with a mood disorder. Search by city, zip code, type or specialty of professionals or mental health facilities. When you recommend favorite providers and facilities, you help us build our database and provide an invaluable service to others seeking informed choices. **DBSAlliance.org/FindaPro**

WeSearchTogether bridges the gap between people living with depression or bipolar disorder and the researchers whose discoveries can improve the lives of people with mood disorders. You'll find answers to questions about mental health research, stories from researchers and participants, guides to help you make informed decisions about research participation, and a database that connects you to relevant studies in your area. **WeSearchTogether.org**

I not only conduct research but also have been a research participant because I feel so strongly about improving clinical practice and human health.

— WeSearchTogether subscriber

Are you looking to make a difference in the lives of others?

You can use your personal experience to help others find their way to wellness and/or advocate for the rights of individuals living with mental health conditions.

DBSA is a nationally recognized leader in advancing the peer specialist workforce—people who are formally trained and certified to use their own lived experience to assist their peers in recovery. Our training team has prepared thousands of peer specialists working in the public and private sectors, including military Veterans. **DBSAlliance.org/Training**

The DBSA Peer Leadership Center is dedicated to advancing the peer provider workforce. The Center offers a central hub where peer specialists and peer supporters can learn about training opportunities, network with colleagues, take continuing education courses, and search for jobs. **PeerLeadershipCenter.org**

Your voice matters! Whether it's joining the conversation on our Care for Your Mind blog or being part of a mobilized national movement to end discrimination and improve access to quality mental health care, you can make a difference. Get involved today at **CareForYourMind.org** or **DBSAlliance.org/TakeAction**.

I now work in the same acute in-patient ward where I once was a patient.

— DBSA trained peer specialist

DBSA's peer-based, wellness-oriented, and empowering services and resources are available when people need them, where they need them, and how they need to receive them—online 24/7, in local support groups, in audio and video casts, or in printed materials distributed by DBSA, our chapters, and mental health care facilities across America.

We've been there. We can help.

Depression and Bipolar Support Alliance
55 E. Jackson Blvd., Suite 490
Chicago, IL, 60604
Resources: (800) 826–3632 • Staff: (312) 642–0049
Fax: (312) 642–7243
DBSAlliance.org

There is so much more that needs to be done to create wellness for people living with mood disorders. To support DBSA's mission, please consider making a donation by calling (800) 826–3632 or by visiting **DBSAlliance.org/Donate**.

DBSA has earned a 4-star rating from Charity Navigator.

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