



Depression and Bipolar
Support Alliance

Colorado Springs to be the First U. S. Stop on the *DBSA I to We Tour*

DBSA joins forces with community mental health organizations to shift the focus from illness to wellness.

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FOR IMMEDIATE RELEASE

April 2, 2015, Chicago, IL—The Depression and Bipolar Support Alliance (DBSA) is crossing the nation this spring and summer on the ***DBSA I to We Tour*** with the goal of shifting the focus in mental health from “**I to We**”—from eliminating illness to building **w**ellness; from **i**solation and fear to a **w**elcoming community of support; and from **i**ndividual views to **p**owerful, collective voices!

The first stop on this multi-city tour will be in Colorado Springs, CO, on May 16, 2015, when the national organization of DBSA joins forces with six local mental health organizations—AspenPointe, Cedar Springs Hospital, DBSA Colorado Springs, NAMI Colorado Springs, Peak View Behavioral Health, and Pikes Peak Suicide Prevention—to host the ***From Illness To Wellness Community Mental Health Fair*** featuring a special presentation of the *DBSA I to We Tour*. This free day of wellness will feature a morning *DBSA I to We Tour* presentation; a networking lunch; and an afternoon filled with educational and inspirational talks about building wellness, more than 50 exhibitors, and connections with life-saving mental health resources.

The *DBSA I to We Tour* celebrates the significant contributions of individuals living with mental health conditions; promotes dialogue and action towards changing public perception from danger and drain to potential and contribution; and connects individuals seeking wellness to support and community resources. DBSA invites individuals living with mood disorders and their friends or family, mental health practitioners, members of the press, local government officials, and the public to join them for this free multi-media presentation featuring peer perspectives on mood disorders—to educate, connect, and inspire. Lending her voice to the *DBSA I to We Tour* Colorado Springs stop will be Melody Moezzi, JD, an award-winning author, United Nations Global Expert, and mental and civil rights advocate.

“People living with mood disorders can and do live extraordinary lives! But each of us must play a critical role in creating a future where wellness is no longer a possibility for only some, but a probability for all,” shares DBSA President Allen Doederlein.

Don’t miss this extraordinary, free day of wellness May 16, 2015, 10:30 AM – 4:00 PM, at the El Paso County Citizens Service Center, 1675 W. Garden of the Gods, Colorado Springs, CO. Learn more about the *DBSA I to We Tour* and the *From Illness to Wellness Community Mental Health Fair* at **www.DBSAlliance.org/ItoWeTour**.

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We’ve been there. We can help.

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The **Depression and Bipolar Support Alliance (DBSA)** is the leading patient-directed national organization focusing on depression and bipolar disorder. The organization fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically-based tools and information. DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments and discover a cure. The organization works to ensure that people living with mood disorders are treated equitably. Assisted by a scientific advisory board comprised of the leading researchers and clinicians in the field of mood disorders, DBSA has nearly 800 peer-run support groups across the country. Support groups and chapters serve more than 54,000 people every year, and DBSA's educational materials, public programs, and media activities reach more than 3 million individuals each year. DBSA's mission is to improve the lives of people living with mood disorders.

For more information, please visit www.DBSAAlliance.org or call (800) 826-3632.

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