



*2 people  
can tango*

*9 players  
can win the world series*

*thousands of people from 16 countries  
can build a space station*

***Together, there is a lot we can accomplish.***

Here's a partner you may not have thought about. Depression and bipolar support groups are 94% effective in helping people adhere to their treatment plans. Now that's great teamwork.

DBSA support groups help patients and families living with mood disorders to reach out to one another and benefit from the experience of others who have "been there." Together with medication and talk therapy, DBSA support groups are part of a wellness plan that works.

With a support team, the odds are in your favor. Call us at (800) 826-3632 or visit us at [www.DBSAAlliance.org](http://www.DBSAAlliance.org) for information on support groups in your community.

**Depression and Bipolar Support Alliance (DBSA)**

(previously National Depressive and Manic-Depressive Association)

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800/826-3632

[www.DBSAAlliance.org](http://www.DBSAAlliance.org)



Depression and Bipolar  
Support Alliance

*The support of others is crucial to a lifetime of wellness.*