

WHAT ARE DBSA CHAPTERS?

NATIONWIDE, INDEPENDENT AFFILIATE CHAPTERS OF THE DEPRESSION AND BIPOLAR SUPPORT ALLIANCE (DBSA) OFFER MORE THAN 1000 PEER-RUN SUPPORT GROUPS. ALL GROUPS ARE VOLUNTEER-FACILITATED AND PROVIDE PEOPLE LIVING WITH DEPRESSION OR BIPOLAR DISORDER THE OPPORTUNITY TO FIND COMFORT AND DIRECTION IN A CONFIDENTIAL AND SUPPORTIVE SETTING.

SERVICES OFFERED DIFFER BY CHAPTER AND DEPEND ON THE NEEDS OF THE COMMUNITY. THOUGH ALL CHAPTERS OFFER AT LEAST ONE FREE, OPEN-TO-THE-PUBLIC SUPPORT GROUP, CHAPTERS OFTEN DEVELOP OTHER INITIATIVES, INCLUDING EDUCATIONAL PROGRAMS, NEWSLETTERS, LENDING LIBRARIES AND ADVOCACY PROJECTS. DBSA SUPPORT GROUPS ARE NOT GROUP THERAPY; HOWEVER EACH GROUP HAS A PROFESSIONAL ADVISOR SUCH AS A PSYCHIATRIST, PSYCHOLOGIST OR SOCIAL WORKER.

The Depression and Bipolar Support Alliance (DBSA) is the leading patient-directed national organization focusing on depression and bipolar disorder, the most prevalent mental illnesses. This not-for-profit organization, which has more than 1,000 support groups nationwide, fosters an understanding of the impact and management of these life-threatening illnesses by providing up-to-date, scientifically based tools and information. Assisted by a 65-member Scientific Advisory Board comprised of the leading researchers and clinicians in the field of mood disorders, 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. Over 4 million people request and receive information and assistance from DBSA each year.

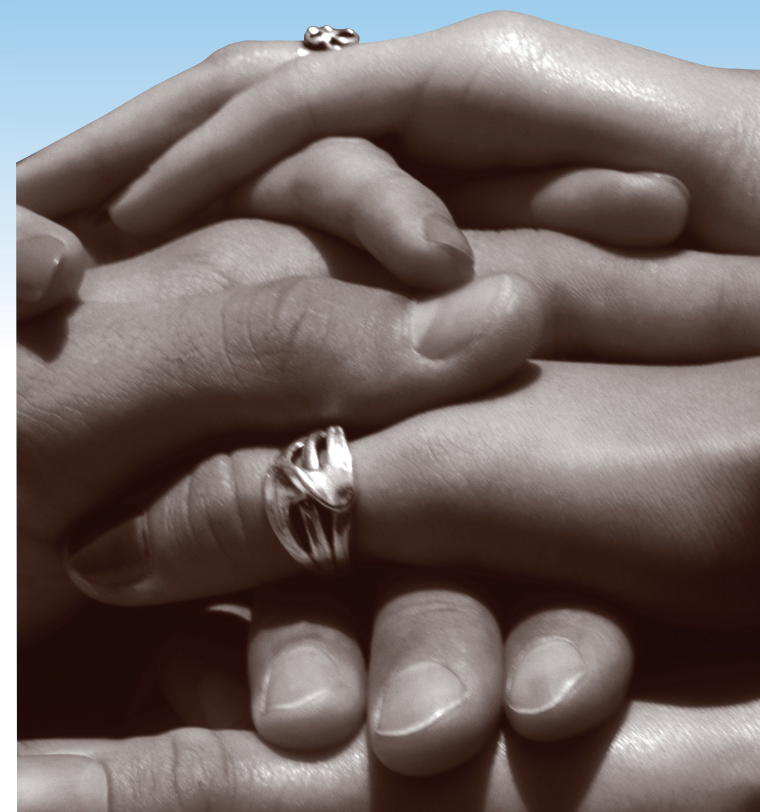


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Depression and Bipolar
Support Alliance

START A SUPPORT GROUP IN YOUR COMMUNITY TODAY





What Is the Value of Self Help?

Along with proper diagnosis and treatment, the support of others is vital to a lifetime of wellness. DBSA support groups provide the kind of caring and sharing that is crucial for sustained recovery. Participants report that DBSA chapters and support groups:

- Provide a forum for mutual acceptance, understanding and self-discovery
- Offer an opportunity to reach out to others and benefit from the experience of those who have “been there”
- Help those attending understand that a mood disorder does not define who we are
- Motivate attendees to follow treatment plans
- Make a difference in your community and even save lives
- Offer the consumer’s perspective to legislators and the local medical community
- Remind ourselves that recovery is possible

“The members of my DBSA support group reached out to me and made me realize that I was not alone. If not for the support that I received from this organization, I probably wouldn’t be here...”
 – DBSA support group participant

“The first place I found ‘shelter from the storm’ was at my DBSA support group meeting where I bonded with new, accepting friends and found role models who gave me faith that recovery was possible.”
 – DBSA Board Member, Larry Fricks

What Are the Benefits of Partnering with DBSA?

DBSA offers assistance, materials and educational opportunities to our affiliated chapters and their leaders. The benefits of becoming an independent affiliate of DBSA include:

- Referrals to your group via DBSA’s toll-free number and our web site
- Regular informational mailings filled with resources, funding opportunities and ideas for chapter growth and improvement
- Access to more than 50 tools for chapter management, support group facilitation, advocacy and community education, available through our Chapter Management web site (password protected for affiliated chapters only)
- Free copies of DBSA brochures, publications and videotapes
- Leadership training opportunities through regional and national meetings, online learning tools, teleconferences and Chapter Leadership Forum
- Chapter awards program that can provide recognition and funding for your group
- Use of the DBSA name and logo, which will identify your group as part of the nation’s leading patient-directed organization focusing on depression and bipolar disorder

How Can You Begin?

To begin, complete the attached Chapter Start-Up Guide Request and return it to DBSA. You can also contact us by phone at 1-800-826-3632 or by email at startup@DBSAlliance.org. Once your request is received, we’ll send you DBSA’s Chapter Start-Up Guide, a comprehensive resource for starting a DBSA chapter and support group in your community.

___ Yes, I am interested in establishing a DBSA chapter in my area. I understand that the main purpose of DBSA chapters is to share information and offer mutual support related to members’ experiences with depression and bipolar disorder. I also understand that the primary participants in support group meetings are persons diagnosed with one of these disorders or those who believe they may have a mood disorder, as well as their friends and family. Meetings are open to the public and free of charge.

Please send me a Chapter Start-Up Guide (select one)
 ___ in electronic form via email
 ___ as a hard copy via postal mail

Proposed area to be served: _____

My contact information:

 Name

 Address

 City State Zip

 Phone

 Email

Do we have permission to share your contact information with others in your area who are also interested in starting a DBSA chapter in the community?
 ___ Yes ___ No

How did you hear about DBSA? _____

Please return this form to DBSA
 Attn: Chapter Relations
 55 E. Jackson Blvd, Suite 490, Chicago, IL 60604
 Fax: (312) 642-7243
 You can also email your information to startup@DBSAlliance.org

All information provided is held in strict confidence and at no time will be distributed to outside organizations.