



Depression and Bipolar
Support Alliance

DBSA—WHO WE ARE AND WHAT WE DO

DBSA—PEER TO PEER

The Depression and Bipolar Support Alliance (DBSA) is the leading peer-directed national organization focusing on depression and bipolar disorder, serious mental health conditions that affect 21 million Americans every year. For over 27 years, DBSA has been fulfilling its mission “to improve the lives of people living with mood disorders,” reaching over 5 million people annually. DBSA’s approach utilizes current, scientifically-based, readily understandable information about depression and bipolar disorder, as well as empowering tools focused on an integrated approach to wellness. DBSA is unique in that it is

- **Peer-led:** Over 50% of DBSA Board and staff members live with mood disorders, and ALL DBSA support groups are facilitated by peers
- **Diagnosis-specific:** Focusing solely on depression & bipolar disorder
- **Nationally recognized:** For our peer specialist and mental health first aid training courses
- **Innovative:** Offering leading-edge, interactive online resources
- **Wellness-centered:** Informing, empowering, supporting, and inspiring individuals to achieve wellness

DBSA—LEADING THE WAY

DBSA provides hope, help, and support through peer-based, wellness-oriented, empowering services and resources when people need them, where they need them, and how they want to receive them:

- DBSA’s 1,000 peer-led support groups, 300 chapters, and 19 state organizations assist over 70,000 people every year throughout North America and beyond.
- DBSA disseminates critical information, both online and through printed materials to DBSA chapters and support groups, mental health facilities and agencies, and the general public.
- In partnership with our prestigious Scientific Advisory Board, comprised of leading mood disorder researchers and clinicians, DBSA supports research efforts aimed at achieving more timely diagnosis and developing more effective, integrative, person-centered treatments.

DBSA—MAKING A DIFFERENCE

DBSA’s 70,000 chapter participants are the organization’s greatest ambassadors. In a recent survey, 86% percent of respondents reported that peer support group participation aided their wellness practices and treatment adherence. This is a key finding, because consistent adherence means fewer hospital stays which, in turn, mean **lower insurance and healthcare costs** and **greater productivity and quality of life**.

DBSA—IMPROVING THE LIVES OF PEOPLE WHO LIVE WITH MOOD DISORDERS

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Depression and Bipolar Support Alliance

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We’ve been there. We can help.

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