



# SAY IT FORWARD 2013

## Say It Forward Campaign

When it comes to mental health conditions, silence is not golden. Silence breeds stigma, and stigma hurts. It prevents people from seeking life-saving treatment and support. The International Bipolar Foundation (IBPF) and Depression and Bipolar Support Alliance (DBSA) hope you'll join forces with us to educate and inspire people to learn the facts about mood disorders and break the chains of stigma.

## 3 Ways to Say It Forward

Join Us September 30–October 10



[SayItForwardCampaign.org](http://SayItForwardCampaign.org)



Depression and Bipolar  
Support Alliance

[DBSAlliance.org](http://DBSAlliance.org)



International Bipolar Foundation

[InternationalBipolarFoundation.org](http://InternationalBipolarFoundation.org)