DBSA

Depression and Bipolar Support Alliance

Our Mission:
DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

We've been there. We can help.

Demystifying Bipolar Disorder

What you'll learn:

- What bipolar disorder is
- Its causes, risk factors, and triggers
- Treatment options
- Ways to support someone living with bipolar disorder
- Some of the many tools offered by DBSA and our chapter that can help you or your loved one
- You'll also hear personal stories from individuals with bipolar disorder.

This class helped me understand that my illness is real and I can recover if I educate myself as much as possible. There is hope!

– DBSA chapter participant

You're invited to participate in the **Demystifying Bipolar Disorder Educational Session**

Day/Time: _____

Location: _____

Contact: _____

www.DBSAlliance.org