

Meet Pamela

Teacher

Swimmer

Best friend

Creative writer

Lives with bipolar disorder

A happy, successful life is within reach for the more than 8 million adult Americans who live with bipolar disorder each year. DBSA's network of more than 700 local peer groups provides education and support to help people find wellness for themselves.

We've been there. We can help.

www.SupportHelps.org

DBSA

Depression and Bipolar Support Alliance