**NEED HOPE? NEED HELP?**

**YOU ARE NOT ALONE**

Over 24 million people live with depression and bipolar disorder in the U.S.

**Support Group for Depression and Bipolar Disorder forming now!**

**Why attend this support group?**

* We’re a caring, supportive group of peers.
* It’s an open, free, voluntary meeting.
* We believe support groups are an important step on the road to wellness.

**Who should attend this support group?**

* People diagnosed with depression or bipolar disorder
* People who think they may have a mood disorder
* Supporters of a person with a mood disorder

**You’re Invited**

**to a local support group:**

Day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Tips for Publicizing a New Support Group**

(Note: the DBSA name or logo cannot be used until after the support group is either sponsored by an existing DBSA affiliated chapter or the newly formed chapter is full affiliated.)

* Distribute and post flyers and brochures at public places such as libraries, grocery stores, hospitals, doctors' offices, and colleges (see the next page for a sample flyer you can use).
* Place announcements in newsletters and bulletins. Many places of worship, schools, and neighborhoods have their own newsletters and would be happy to include a note about a new support group.
* Send letters introducing the group to health care providers, drop-in centers, and social service agencies.
* Tell other support groups in your community that you are starting a group specifically for depression and bipolar disorder. These groups may include AA, NA, Survivors of Suicide, Schizophrenia Anonymous, NAMI, etc.
* List your support group meeting time and place with community calendars in newspapers, radio and cable stations, etc.
* Send press releases to local newspapers and radio stations. (Samples of press releases are available for affiliated chapters)
* Hold educational sessions and social events prior to your first meeting to drum up interest in your community. (Be sure attendees know that your ultimate goal is to start a support group, though!).
* Never underestimate the power of word-of-mouth. Tell five people you know, and ask supportive family and friends to tell five people too, if they feel comfortable doing so.
* Get the word out over the internet. You may also consider publishing your own website or asking to list your group's time and place on community websites or bulletin boards. Craigslist (www.craigslist.org) and Meet-Up (www.meetup.com) are two possible places to post notices about your meetings.