



Depression and Bipolar
Support Alliance



Mental Health Awareness Month 2022 Media Kit

May is Mental Health Awareness Month (MHAM), a national campaign to raise awareness about those living with mental health conditions, reduce stigma, and provide education about resources and support.

According to CDC data, from August 2020–February 2021, the percentage of adults with recent symptoms of an anxiety or a depressive disorder increased from 36.4% to 41.5%, and the percentage of those reporting an unmet mental health care need increased from 9.2% to 11.7%.

During May, the Depression and Bipolar Support Alliance (DBSA) will introduce the message series, “Meeting You Where You Are,” on Facebook, Twitter, and Instagram.

Whether people need customizable tools to work towards wellness on their own, or resources for reaching out to a support group or mental health professional, DBSA is committed to meeting people where they’re at on their mental health journey.

DBSA activities during Mental Health Awareness Month include:

- A new [guide to finding a therapist that fits your needs](#)
- A [webinar on practical tips to boosting your social wellness](#)
- Tardive Dyskinesia Awareness Week (May 2-6)
- Mental Health Action Day (May 20), to encourage robust mental health policy

About DBSA

The Depression and Bipolar Support Alliance provides hope, help, support, and education for people living with mood disorders, such as depression and bipolar disorder. These conditions account for 50% of the nation’s suicides and cost U.S. employers an estimated \$23 billion annually in lost workdays and related expenses. DBSA serves 2 million people each year through our website and our nationwide network of 400+ support groups and 100+ chapters. More information can be found at [DBSAlliance.org](https://dbsa.org) and on social media channels: [Facebook](#), [Twitter](#), [YouTube](#), [Instagram](#), and [LinkedIn](#).

MENTAL HEALTH AWARENESS MONTH 2022 Featured Resources

Wellness Wheel

The DBSA Wellness Wheel is an easy-to-use tool that gives peers a complete picture of their wellness journey. The Wellness Wheel concept has been widely used by mental health experts as a tool for recovery. This holistic tool helps peers chart their strengths in seven key areas of wellness: Physical, Financial, Environmental, Intellectual, Occupational, Social, and Spiritual.

👉 DBSAAlliance.org/WellnessWheel

Wellness Tracker

The DBSA Wellness Tracker features a mood tracker, medication tracker, symptom tracker, exercise journal and more. Peers can start to get a picture of their wellness journey by using one or two components of the wellness tracker or they can get a fuller picture by using all the sheets together. The wellness tracker is designed to allow peers to keep track of behavior and lifestyle so that they are more in control of their own wellness.

👉 DBSAAlliance.org/WellnessTracker

Peer stories

Relatable stories from peers serve to provide inspiration to others living with a mood disorder and demonstrate that there is hope for them.

👉 DBSAAlliance.org/Stories

I'm Living Proof: A Letter to My Younger Self



DBSA's I'm Living Proof series is now in its second season of telling inspirational stories of young adults successfully living with depression or bipolar disorder. In this series, young adults will write letters

to their younger selves to reflect on how far they have come on their journeys towards wellness. The blog features letters from young adults while the podcast features their letters and one-on-one interviews where we talk with the author about what led them to share their story, what their experience has been with depression or bipolar, and what living in wellness means for them.

👉 DBSAAlliance.org/ImLivingProof

Mood Crew

The DBSA Mood Crew was created to help young children recognize and process their emotions. The program may be especially valuable for young ones who are having a tough time with emotions.

Some children may show early signs of mood disorders, including depression and bipolar disorder. For these young ones, using the DBSA Mood Crew to spark healthy conversations can help build the coping skills that support long-term wellness.

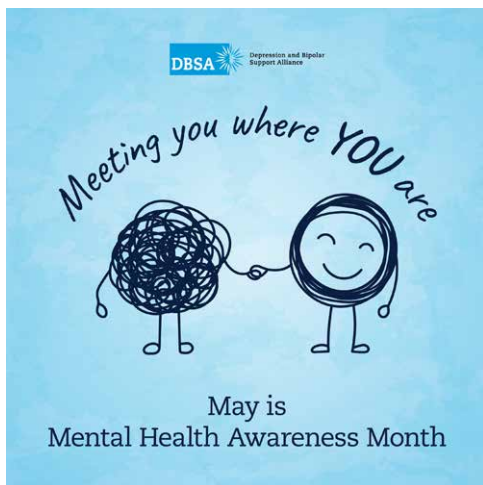
👉 DBSAAlliance.org/MoodCrew



MENTAL HEALTH AWARENESS MONTH 2022

Social Media Materials

May is Mental Health Awareness Month. No matter what step of the mental health journey you're on, wellness is possible. Get free tools and resources to meet you where you are. Learn more here: DBSAlliance.org/MHAM22



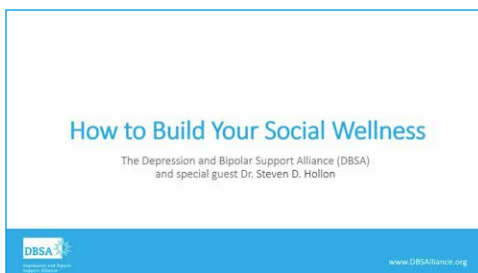
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[Download the MHAM Social Assets](#)

Having a robust social support network can help with overall wellness when living with a mental health condition. Learn how to build your social wellness in this webinar with Dr. Steve Hollon. [Youtu.be/noZWQrpTHM](https://youtu.be/noZWQrpTHM)



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Free support groups are available for people living with depression or bipolar disorder. Read more about Jean's experience with DBSA support groups: DBSAalliance.org/stories/jean-duncan


"I have learned so much in meetings about how to remain well and handle life's big and small challenges. It's comforting to know I can attend a meeting whether I'm happy or severely depressed and the group will meet me where I'm at."



 Everyone has a story to tell about their walk towards wellness. It's important to share these stories and to find a community of people who share similar stories. DBSA offers a variety of FREE support groups to meet you where you are, whether that's from the comfort of your home or in in-person groups. Read more about Jean's experience with DBSA's support group by visiting DBSAalliance.org/stories/jean-duncan

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 #mentalhealth #depression #bipolar


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If you're considering therapy, choosing the therapist that's right for you is the first big step. Read our guide on how to build your wellness goals and find a therapist to fit them. DBSAalliance.org/education/newsletters/how-to-find-the-right-therapist-for-you



 Are you thinking about starting therapy? It can be intimidating to start searching if you don't know what you're looking for. For Mental Health Awareness Month, DBSA is providing resources for building wellness goals and finding a therapist best suited for you. To learn more, visit DBSAalliance.org/education/newsletters/how-to-find-the-right-therapist-for-you

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