Welcome to DBSA [Support Group Name].

We are a support group of the DBSA (Chapter) which is an independent affiliate of the Depression and Bipolar Support Alliance.

We are led by and created for peers (individuals living with mood disorders and  their friends and/or loved ones). We’ve been there; we can help.

We are not here as licensed professionals.

Each person follows their own path to wellness; we each choose to make that journey in the company of other supportive members.

Our mission is to provide hope, help, support, and education to improve the lives of people who live with mood disorders.

My name is \_\_\_\_\_\_\_\_\_\_\_\_\_, and I will be facilitating this meeting.

My role is to simply keep our discussion going and to help maintain a supportive and productive environment.

To do that, I may occasionally ask a question or make a comment to help the flow of the meeting and move the discussion along.

Our meetings are designed to give everyone an opportunity to participate. as they are comfortable.

After reading the DBSA Support Group Guidelines, we will begin the meeting with a brief check-in.

After the check-in, we will have an open discussion about living with mood disorders by sharing our experiences and the strategies that improve our lives.

We often end with a closing activity to help us leave committed to action. We will finish on time at [time].

Now let’s read the DBSA Support Group Guidelines to remind us that we are all responsible for following and committing to the group standards, which are in place to keep this group a safe place to share.

May we have a volunteer to read the first guideline?