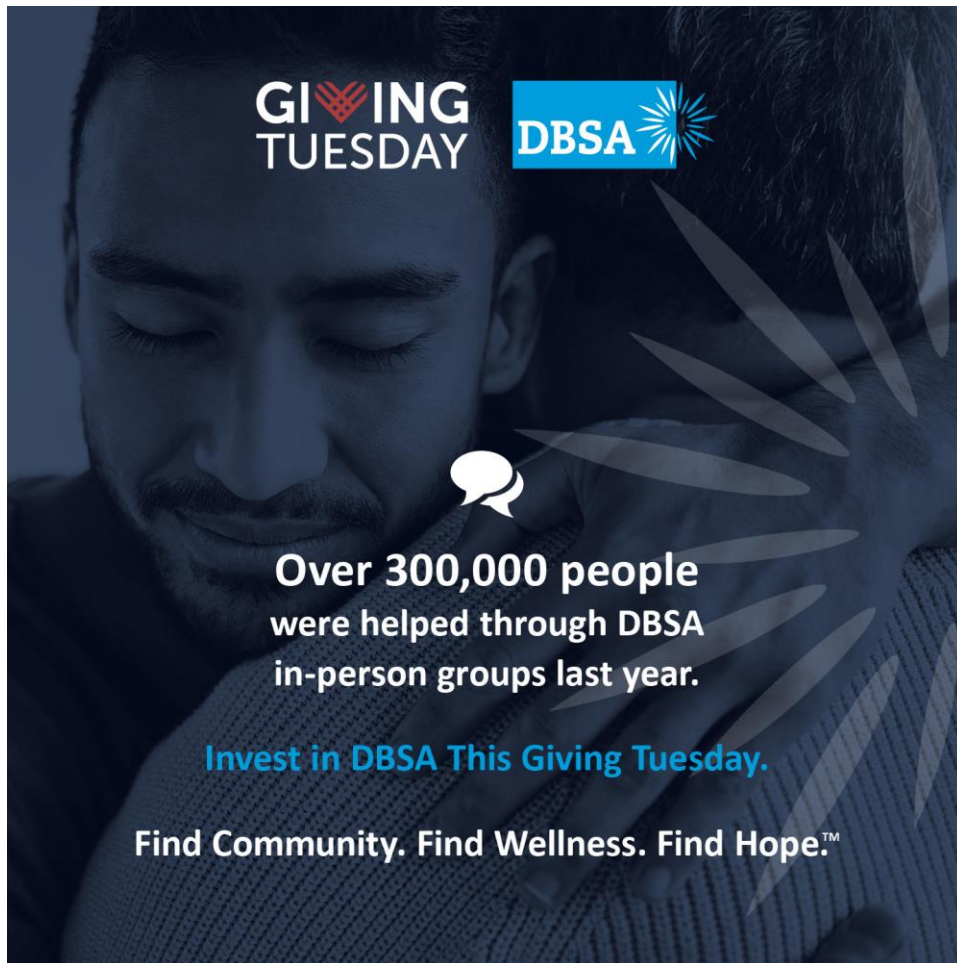


Depression and Bipolar Support Alliance

Giving Tuesday Toolkit



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Copy: As a peer-based organization, DBSA defines wellness from the peer perspective, which accounts for the views of more than 21 million individuals living with a mood disorder in the U.S.

Support DBSA by donating now to help transform the definition of wellness: [Link](#)

All donations will be matched dollar for dollar up to \$15,000, thanks to an anonymous donor.

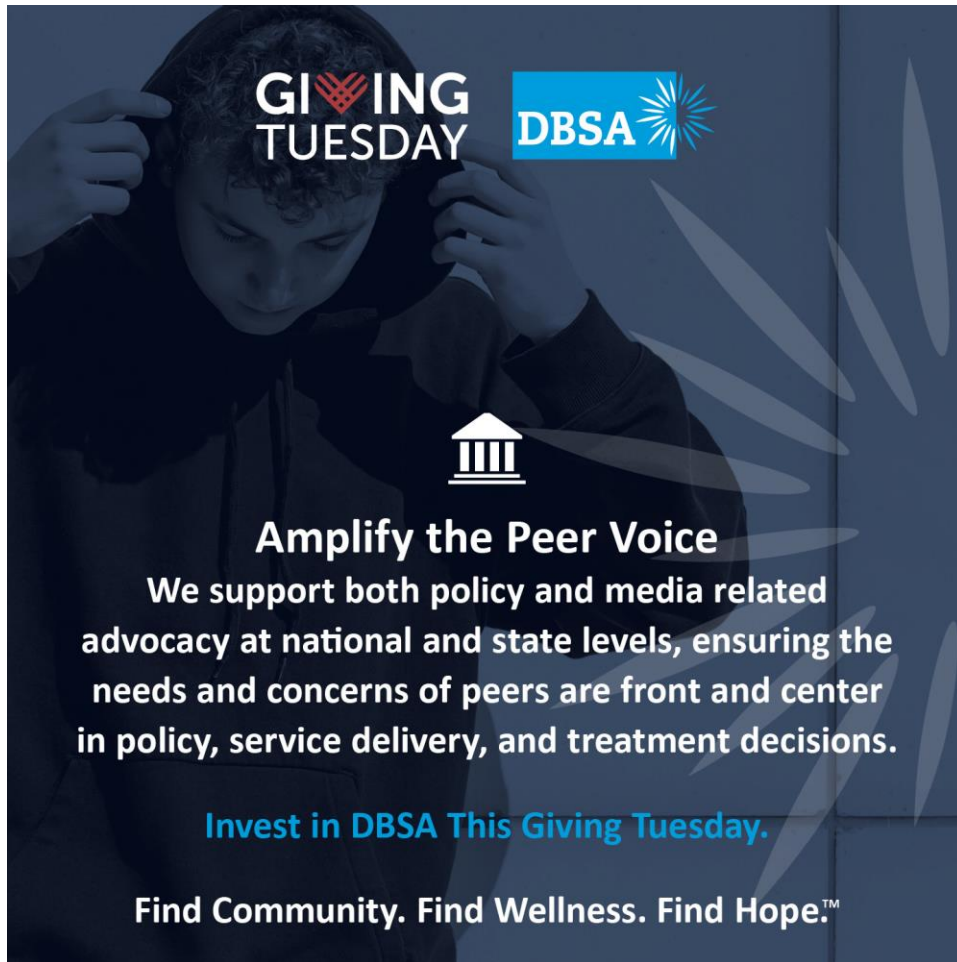


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Copy: During this time of year, your inboxes are likely flooded with Black Friday, Small Business Saturday, and Cyber Monday emails. That's why Giving Tuesday was created 10 years ago—to offset the consumerism so prevalent during this season and inspire individuals to share their good fortune with others.

Each year DBSA relies on your generosity to bring wellness through our support services and resources to those living with a mood disorder. To support us with your donations: [Link](#)

All donations will be matched dollar for dollar up to \$15,000, thanks to an anonymous donor.



**GIVING
TUESDAY** **DBSA**



Amplify the Peer Voice
We support both policy and media related advocacy at national and state levels, ensuring the needs and concerns of peers are front and center in policy, service delivery, and treatment decisions.

Invest in DBSA This Giving Tuesday.

Find Community. Find Wellness. Find Hope.™

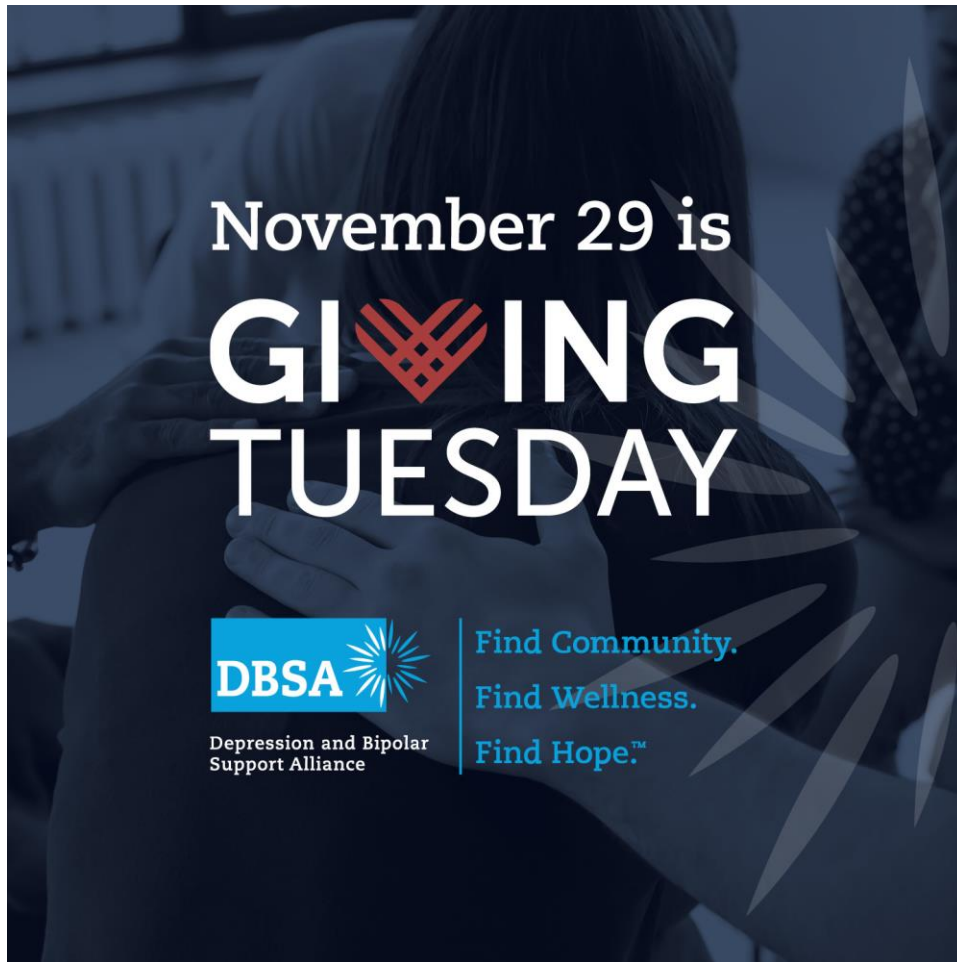
[Download Graphic](#)

Copy: Your donation this Giving Tuesday will fund wellness services and resources that bring peers, “stability, well enough to hold a job, enjoy activities, and feel joy and hope.”

When you donate during Giving Tuesday, you bring wellness to peers through advocacy efforts, in-person and online support groups, and educational resources: [Link](#)

All donations will be matched dollar for dollar up to \$15,000, thanks to an anonymous donor.

MUST INCLUDE THIS GRAPHIC IN ADDITION TO SELECTED POST. No caption necessary for this graphic since it will be a secondary graphic to original post



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