

Subject: Support My Passion This #GivingTuesday

Hello [insert person's name here],

I am writing to let you know about an organization that holds a special place in my heart. Over the past few years my passion and support for mental health causes have only deepened, particularly that of Depression and Bipolar Support Alliance (DBSA).

DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders. DBSA strives to *brighten lives* by offering a sense of community and hope while providing peer support resources and services for well-being and mental health journeys!

Peer support services, which have been proven to reduce hospitalization, provide healthy coping strategies and improve overall quality of life for individuals living with mood disorders, will offset provider availability and cost for patients.

I am excited DBSA is participating in #GivingTuesday, a Global Day of Generosity, on November 29th. I am inviting you to join me in supporting a cause that brightens the lives of those living with mood disorders, depression and bipolar disorder. Your support will brighten lives by allowing DBSA to

- Serve tens of thousands with local and national peer support groups
- Educate individuals, caregivers, families, and clinicians with online resources
- Ensure our voices are heard by state and federal decision-makers
- Provide resources like the DBSA Wellness Wheel, specially designed for the needs of people living with mood disorders

Every donation and act of support collectively helps to brighten the lives of those living with depression and bipolar disorder. Thank you in advance for supporting my passion!

\*Donation Link\* [https://secure.everyaction.com/6\\_RMf9HBGUmADxjKNbZ4qw2](https://secure.everyaction.com/6_RMf9HBGUmADxjKNbZ4qw2)