

2024 Impact Report

For 40 years, Depression and Bipolar Support Alliance (DBSA) has been a national leader at the forefront of supporting and providing critical resources to peers—individuals living with mood disorders.

**Over
2,000,000
people
served in
2024**

25% increase
from 2023

2023
1.5M

2024
2M+

Peer Support

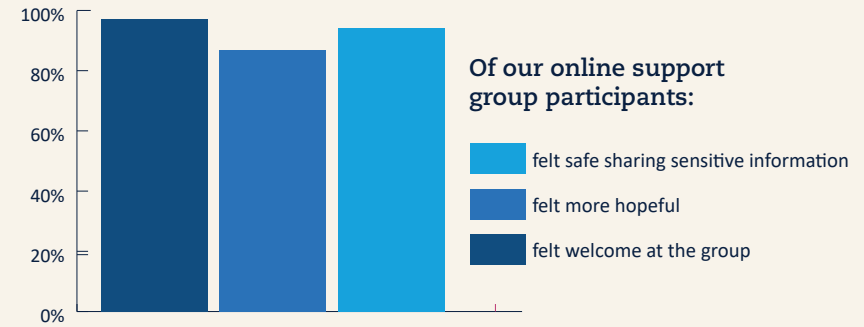
As evidence grows, the value of peer support becomes clear. It's not just a concept but a lifeline, offering community, wellness, and hope.

40,000+

support group
meetings

150,232

support group
participants



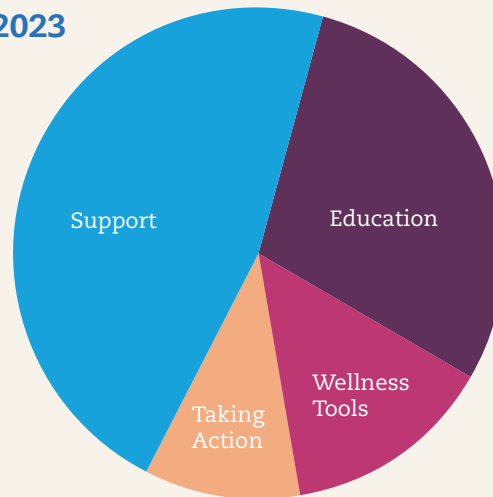
Education & Wellness Tools

DBSA supports diverse paths to wellness, emphasizing balanced, personalized treatment for recovery, starting with an informed, empowered individual.

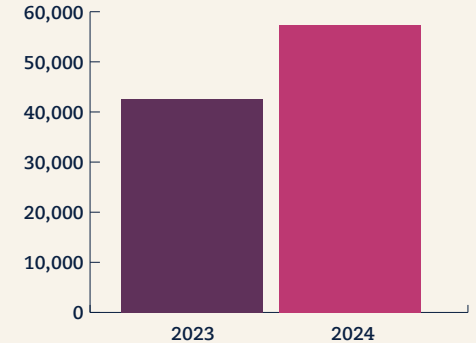
1,540,000

visitors to DBSAlliance.org

20% increase
from 2023



57,000+
tools accessed
35% increase
from 2023



DBSA Peer Specialist Training

DBSA offers a training course where students reflect on their mental health journey and develop skills to provide peer support using recovery principles and ethical practices.

- Engaging and Knowledgeable Staff
- Informative Training
- Support and Structure



95% would
recommend DBSA
Peer Specialist
Training Course