

Annual Report 2024



Find Community.
Find Wellness.
Find Hope.™



A Word from Leadership

A Word from Our CEO



This past year, the challenges facing people living with mood disorders have only grown more urgent. At a time when access to affordable mental health care remains out of reach for so many, and when stigma continues to silence and isolate, our work at Depression and Bipolar Support Alliance (DBSA) has never been more critical.

Too often, those seeking support encounter a system that doesn't meet their needs, or doesn't include them at all. That's why DBSA exists—to center the voices of those with lived experience, to provide community when isolation feels overwhelming, and to create real pathways toward healing and wellness through peer support.

In 2024, we remained steadfast in our mission. Through our network of support groups across the country, both online and in person, we provided tens of thousands of peers with spaces of understanding, connection, and hope. We trained and supported a growing workforce of peer specialists, individuals whose lived experiences offers not only empathy, but evidence-based guidance on the road to recovery. And we advocated for systems change—at every level from grassroots to national—that puts peers at the heart of mental health care.

As I reflect on how far we've come—from a single living room to a nationwide movement—I recognize how much work remains to eliminate stigma, fight inequity, and increase access. Our goal remains clear: a future where peer support is recognized as essential care, where every person with a mood disorder is met with compassion and access, and where no one has to walk their path alone.

Thank you for standing with us—for your partnership, your belief in our mission, and your commitment to making this vision a reality. Together, we'll continue building a future of hope, help, support, education, and connection.

With gratitude,
Michael Pollock
Chief Executive Officer
Depression and Bipolar Support Alliance

Note from the Board Chair

At DBSA, we believe people with mood disorders are experts in their own wellness. This belief drives our work to center lived experience in everything we do—from peer support to policy and research.

I serve on DBSA's Board because I've seen the impact when individuals with depression or bipolar disorder are treated as leaders in their care. When peers are at the table, outcomes improve.

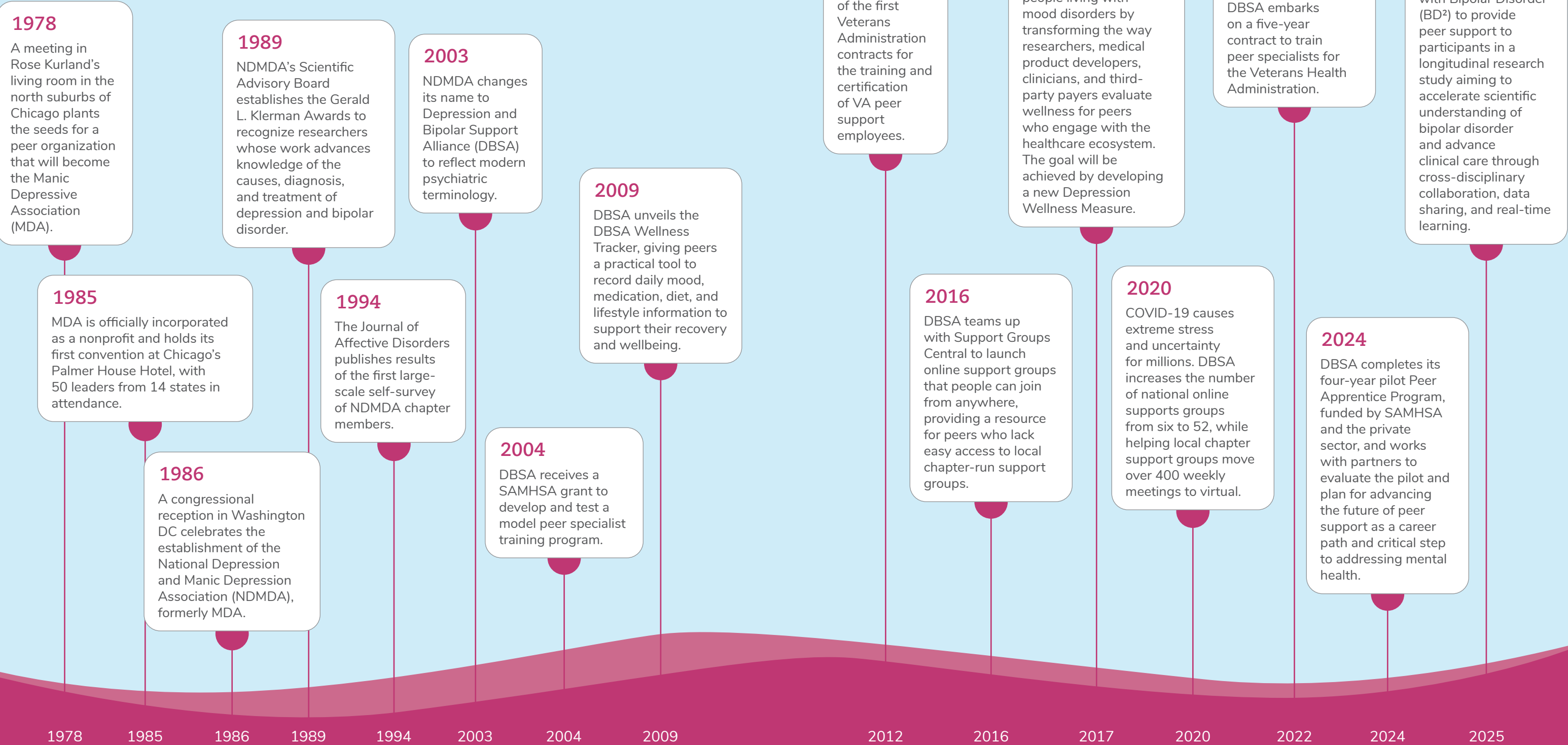
There's still work ahead to break down stigma and barriers. But thanks to your support, we're building a future where lived experience shapes mental health care at every level.

On behalf of the Board,
Rebecca Weinstein Bacon
Chair, Board of Directors
Depression and Bipolar Support Alliance



Reflecting on Four Decades of Hope, Help, Support, and Education

For 40 years, DBSA has provided hope, help, support, and education to peers and their support systems. What started as a small meeting in DBSA co-founder Rose Kurland’s living room has grown into the nation’s leading peer advocacy organization supporting those with mood disorders, as well as their loved ones and caregivers.



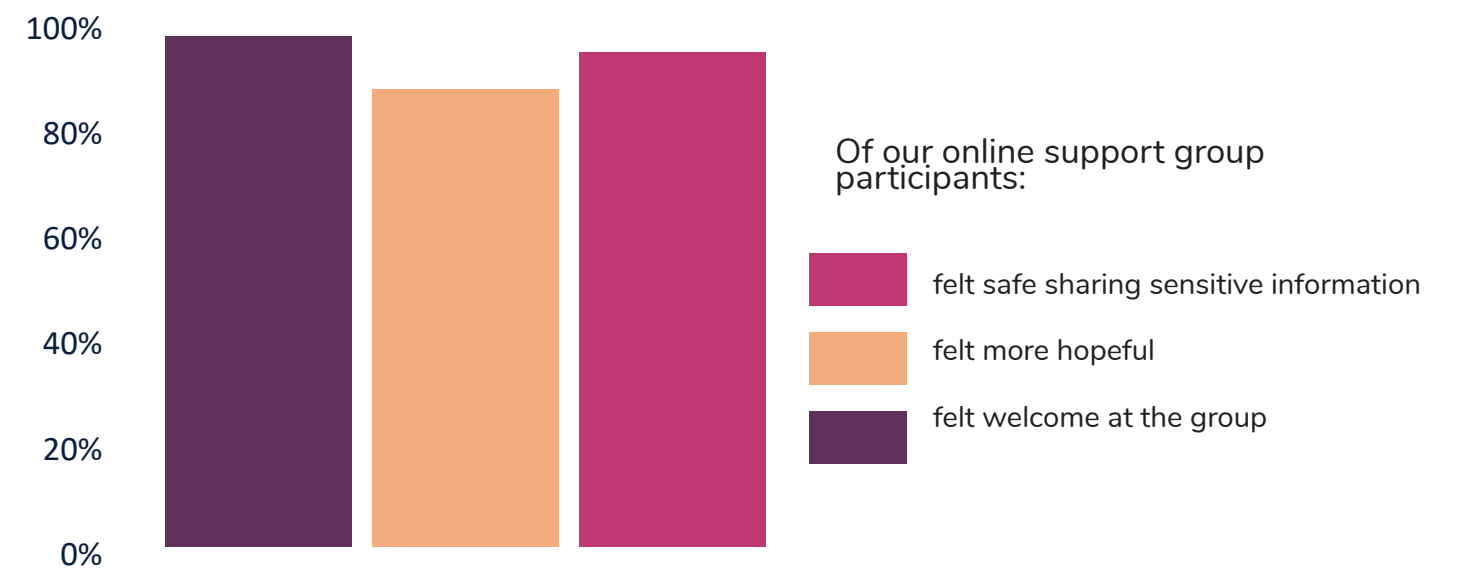


Find Community

Over 2 million people served in 2024 (25% increase from 2023)

More than 20,000 support group meetings

More than 150,000 people attended support group meetings



Peer support among individuals living with mood disorders has been shown to:

- ♥ Reduce hospitalization rates
- ♥ Reduce days spent in inpatient care
- ♥ Reduce the overall cost of mental health services
- ♥ Increase the use of outpatient services
- ♥ Increase quality of life outcomes
- ♥ Increase engagement rates
- ♥ Increase whole health

Championing Mental Health Equity Through Diversity & Inclusion

Mental health equity means ensuring that all people—regardless of age, race, income, gender, disability, or other identity factors—have fair and just access to the care and support they need to thrive. DBSA recognizes the unique ways identity, culture, and access affect people living with mood disorders. We strive to create safe and inclusive spaces for individuals to feel empowered on their own path to wellness.

Our goal is to create meaningful change by addressing disparities and prioritizing the needs of those most impacted by systemic inequities.

In 2024, we put this commitment into action. We partnered with Otsuka to highlight BIPOC mental health during Mental Health Awareness Month, supported LGBTQ+ peer groups, and contributed to equity-focused initiatives and events with the Caregiver Action Network, Chicago Urban League,

and others. We also partnered with Johnson & Johnson to assess our Peer Apprentice Program to identify options to expand and increase diversity among professional peer specialists.

This past year, we continued to see great demand for our Culture and Identity-Focused Support Groups, which offer communities of color, rural communities, parents and caregivers, Veterans, and other identity groups a safe space that recognizes the ways unique cultural identities inform one's experience with a mood disorder. In 2024, attendees to our Black Community support groups increased by 20% from the previous year, and these groups saw attendance 40% higher than all other DBSA support groups.

Embracing these initiatives ensures that our work reflects the diverse needs of the communities we serve.

Peer Support as a Lifeline

For 40 years, DBSA has been at the forefront of peer support, recognizing and championing the benefits and necessity of connecting people living with mood disorders with peers who understand their experiences. While our country faces a dire shortage of accessible and affordable mental health care and services, we see peer support as a vital solution to bridging the gap and helping peers find community, find wellness, and find hope. While we believe wholeheartedly in the tangible benefits of peer support, research also underscores the profound impact of peer support on mental well-being, including increasing individuals' sense of hope, happiness, control, self-esteem, and community, and decreasing levels of depression and psychosis.

Find Wellness

Wellness Tools and Resources

DBSA’s library of resources, educational materials, and wellness tools provide peers and their families with free, on-demand access to achieve wellness and find hope. We believe in empowering peers to define what wellness means for themselves, and connecting peers, loved ones, and providers with the tools to do so enables them to take wellness and recovery into their own hands and those of their support systems.



More than 57,000 resources and wellness tools downloaded and accessed
(35% increase from 2023)

Transforming the Definition of Wellness for People Living with Mood Disorders

In 2024, DBSA continued to progress in developing a new Depression Wellness Clinical Outcome Assessment to improve health outcomes for people living with mood disorders by transforming the way researchers, medical product developers, clinicians, and third-party payers evaluate wellness for peers who engage with the healthcare ecosystem.

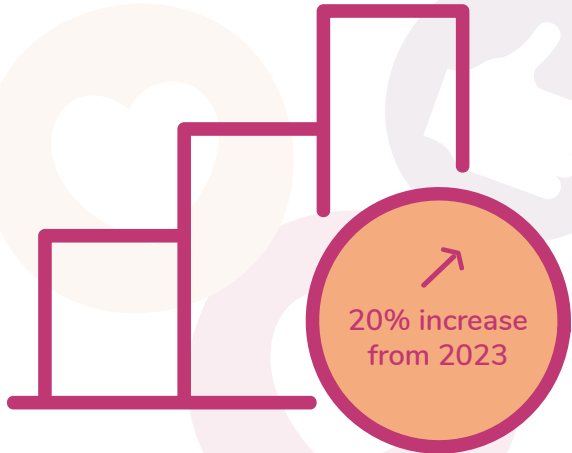
To date, the following work has been completed for the study:

- Peer input collected through stakeholder workshops, surveys, and focus groups
- Subject matter expert interviews, systemic literature review, and mapping
- Initial qualitative interviews with people with lived experience, analysis of the transcripts, including refining domains and language
- Wellness Measure updated iteratively after interview analysis

DBSA’s next steps in transforming the definition of wellness include identifying proposed DWM, validating with research, obtaining FDA guidance, and sharing with partners to be included in clinical trial research.



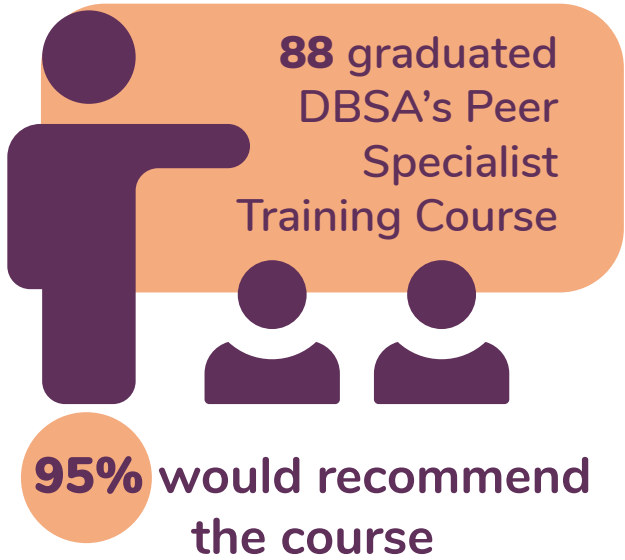
More than 320,000 social media followers



More than 1.5 million visitors to DBSAAlliance.org

Peer Specialist Training Program

DBSA envisions equipping every individual with a mood disorder with access to peer support as part of their treatment protocol. DBSA’s nationally renowned Peer Specialist Training Course trains people who have experienced their own mental health challenges to provide peer support to others with similar experiences, whether that takes place in a hospital or community-based setting. DBSA has partnerships with the Veterans Health Administration, California Mental Health Services Authority, and Ohio Department of Veterans Affairs to train peer specialists to provide services.



Find Hope

Amplifying the Peer Voice

DBSA advocacy programs allow peers to share their experience with audiences including public health decision-makers and medical product developers.

- Peers participated in 23 external events including presentations at conferences, Continuing Medical Education webinars, and coalition and staff meetings
- 12 peer council groups were held
- 21 peers represented DBSA on research stakeholder committees
- Thousands of stakeholders, researchers, policymakers, and advocates heard the peer perspective, supporting treatment outcomes that are relevant to the peer

Increasing Peer Engagement Creates More Opportunities

With communications such as e-newsletters, action alerts, and active recruitment, DBSA primes peers to engage in advocacy on a deeper level. In doing so, it encourages peer advocates to participate in future events, moving them up the advocacy chain. Join Our Movement: <https://www.dbsalliance.org/join-our-movement/>

DBSA Gerald L. Klerman Awards

The Gerald L. Klerman Award is the highest honor that DBSA gives to members of the scientific community. Presented each year, this award recognizes researchers whose work advances knowledge of the causes, diagnosis, and treatment of depression and bipolar disorder. Up to two awards are given annually in each of the following two categories: DBSA Gerald L. Klerman Award, Senior Investigator and DBSA Gerald L. Klerman Award, Young Investigator.



Melissa DelBello, MD, MS – Senior Investigator Award

Dr. Melissa DelBello is a professor of psychiatry and pediatrics and Dr. Stanley and Mickey Kaplan Chair of Psychiatry and Behavioral Neurosciences at the University of Cincinnati College of Medicine (UCCOM).



Diego Pizzagalli, PhD – Senior Investigator Award

Diego A. Pizzagalli, PhD, is a professor of psychiatry at Harvard Medical School and director of research for the Division of Depression and Anxiety Disorders at McLean Hospital.



Elizabeth Lippard, PhD – Young Investigator Award

Elizabeth Lippard, PhD, is an assistant professor of the Department of Psychiatry and Behavioral Sciences at Dell Medical School at the University of Texas at Austin.

STATEMENT OF ACTIVITIES	2023	2024
REVENUE		
Contributions	2,421,660	3,790,335
Program Fees	219,653	297,809
New Investment Income	126,256	(5,569)
Donated Goods and Other Services		
TOTAL REVENUE	2,767,569	4,082,575
EXPENSES		
Program Expenses	2,212,531	1,530,477
Supporting Services Expenses		
Managment and General	501,406	590,734
Fundraising	551,103	866,657
Total Support Services	1,052,509	1,457,391
TOTAL EXPENSES	3,265,040	2,987,868
CHANGE IN NET ASSETS	(497,471)	1,904,707
Net Assets, Beginning of Year	2,837,387	2,339,916
Net Assets, End of Year	2,339,916	3,434,623
STATEMENT OF FINANCIAL POSITION	2023	2024
ASSETS		
Current assets		
Cash and cash equivalents	\$715,492	\$1,441,995
Accounts receivable	47,998	15,931
Contributions receivable (Note 5)	334,992	796,888
Prepaid Expenses and Other Current Assets	59,979	107,820
Total current assets	1,158,461	2,362,634
Property and equipment, net (Note 4)	263,728	152,749
Other assets		
Deposits (Note 8)	20,000	20,000
Investments	1,491,362	1,325,173
Total Other Assets	1,511,362	1,345,173
Total Assets	\$2,933,551	\$3,860,556
LIABILITIES AND NET ASSETS		
Current Liabilities		
Accounts Payable and Accrued Expenses	\$122,023	\$94,666
Accrued Payroll and Vacation	100,188	119,163
Operating Lease Liability (Note 8)	131,175	138,304
Deferred Revenue	102,015	73,800
Total Current Liabilities	455,331	425,933
Noncurrent Liabilities		
Operating lease liability (Note 8)	138,304	-
Total Liabilities	593,635	425,933
NET ASSETS		
Without Donor Restrictions	1,865,459	2,321,027
With Donor Restrictions (Note 6)	474,457	1,113,596
Total Net Assets	2,339,916	3,434,623
Total Liabilities and Net Assets	\$2,933,551	\$3,860,556

2024 Investors

\$100,000 or more

Breakthrough Discoveries for thriving with Bipolar Disorder (BD²)
Kent and Liz Dauten
Dauten Family Foundation
Sheri Delluva
Martin Kirschner
Lundbeck US Charitable Fund
Otsuka America Pharmaceutical Inc.

\$25,000 - \$99,999

Alkermes, Inc.
Axsome Therapeutics Inc
Boehringer Ingelheim Pharmaceuticals, Inc.
Compass Pathways Plc
Jim Gordon
Intra-Cellular Therapies (ICTI)
Johnson & Johnson
Ellen Krantz
Medscape
Myriad Genetics
Neumora Therapeutics
Neurocrine Biosciences, Inc.
Takeda Pharmaceuticals America, Inc.
Teva Pharmaceuticals

\$10,000 - \$24,999

Anonymous (4)
Atai Life Sciences
Isela Bahena
Christy B. Beckmann
Carole B. and Kenneth J. Boudreaux Foundation
CIBC Bank USA
Clexio
Miranda Cooper
Department Of Veteran Affairs TX
Harri Hoffmann Family Foundation
Henry Foundation, Inc.
Johnson & Johnson Foundation
Eileen Kamerick
Susan and Paul Lichtman
Marc Haas Foundation
Gary Sachs, M.D.
Altha Stewart, M.D.
University Of Cincinnati
Chris von Guddenberg

\$5,000 - \$9,999

Suzanne and James Bergoffen
David and Liz Chandler
Community Health Charities
Dr. Scholl Foundation
Harvard University (Medical School)

House of Cards
Ted Koenig
John Kurtz
Jim and Jane Ann Lockwood
Susan L. Madian
Medlive
Prime Inc
Trisha Suppes, M.D.,Ph.D
Myrna Weissman, Ph.D.
Darrel K. Wilcox

\$2,500 - \$4,999

Terrance Blazevic
Edward Brill
Sandeep Chada
Roberta Culbertson
Jeffrey Frishman
Mark A Frye, M.D.
Fusion Medical Staffing
Barbara J. Glynn
Steven and Jani Harris
Jordan Kurland
Virginia McCarthy
Michael Pollock
University of California Los Angeles (UCLA)
Rachel Yeates

\$1,500 - \$2,499

Tatiana Allen
Kathleen Bernstein Harris
Lisa A. Blazar
Danvers Boardman
California Mental Health Service Authority (CalMHSA)
Caregivers Action Network
Eamonn Cleary
Justin Haber
Friedrichs Harris
Karen and Seth Hieken
Kathleen Kirk
Merry Beth Kowalczyk
Jason Kreuziger and Marie-José Bahnam
Amy Lombardi
Laura Loofbourrow
Ellen Malow
Howard Merritt
Carole Mourad
NAMI Newton Wellesley Eastern MA Inc.
Michelle Rutman
Sarah Salice
Sara Madeleine Saz
Survey Healthcare Global
John S. Tamerin and Susan

Penry-William
W. Y. Campbell Family Foundation

\$1,000 - \$1,499

Anonymous (4)
Krishna and Ja-Ling Agrawal
Daniel Ames
Kurt and Lynette Apen
Mark S. Bauer
Brett Bennett
Bengt and Marianne Bjernfalk
Lisa Brown
Jacqueline Bryant
Ida and Steve Chan
Michelle Czarnecki
Joseph Egan
Michael Floyd
Mary A. Fristad and Joseph F. Fiala
Nancy Goodman and Michael Froman
Helen Brach Foundation
Michael Hexner
Cheryl Hope
Edward and Mary Jinks
Gary and Lori Kash
Michael W. Kuhl
Pasquale Mascaro Jr.
Kevin McEvoy
John Nachbar
David N. Osser, M.D.
Patient Access Network Foundation
Sriram Peddibhotla
Roy Perlis, M.D.
PhRMA
Product Safety Consulting
Donald Provasi
Jelena Rosenberg
Victoria Rosskam
Karen and Stephen Sanger
Jaime Seba
Marylou Selo
Jennifer Shaefer
Gregory Simon
Joseph Stanley
Joan Tanner
Ken and Pat Thompson
Cameron and Jane Thornton
Marilyn Weinstein
Adam Wexler



Depression and Bipolar
Support Alliance

Find Community.

Find Wellness.

Find Hope.™

Our Mission

DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

Depression and Bipolar Support Alliance (DBSA)

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