



Depression and Bipolar  
Support Alliance

### DBSA Top Line Facts

The Depression and Bipolar Support Alliance (DBSA) is a not-for-profit, 501(c)(3) organization that provides hope, help, support, and education to serve the estimated 21 million people throughout the U.S. who live with mood disorders. Programs and resources are offered through our website, [dbsalliance.org](http://dbsalliance.org), and through our 500+ support groups and 150+ chapters across the country.

We emphasize the value of peer support as a crucial resource for wellness. The term peer describes someone who lives with a mood disorder. We believe in the strength and resilience of each person and support the individual's right to create his / her / their own path to wellness. DBSA also serves caregivers, families and friends of people living with mood disorders because we know family and social support are central to recovery and wellness.

### Mental Health-Related Statistics

- ✓ An estimated 60% of suicides in the U.S. occur among people with mood disorders, according to the U.S. Department of Health and Human Services.
- ✓ Depression and bipolar conditions cost employers an estimated \$23 billion every year in lost workdays and related expenses.

### DBSA Mental Health Resources

- ✓ DBSA offers 18 online support groups that people can join from anywhere. These groups are especially helpful for people who find it hard to attend local meetings because of distance or scheduling demands.
- ✓ DBSA has specialized groups for military veterans, young adults, and seniors age 60 and older.
- ✓ Our monthly newsletter, *eUpdate*, reaches 41,000 subscribers nationwide.
- ✓ Our podcast series features leading clinicians and researchers in the field of mood disorders as well as peers, caregivers, family members, and others walking the road to wellness.
- ✓ Our ambassadors network is available to speak to a variety of audiences and our prestigious Scientific Advisory Board includes leading researchers and clinicians in the field of mood disorders.
- ✓ The DBSA Wellness Wheel is an easy-to-use tool that helps individuals see their strengths in seven key areas of their lives and identify areas for growth and improvement.
- ✓ Our Supporting Youth Mental Health initiative provides resources for families with children, teens, and young adults living with mood disorders.
- ✓ The Balanced Mind Parent Network (BMPN) is a family-focused online forum for parents, guardians and other adults caring for children and teens with mood disorders.
- ✓ The *Life Unlimited Series* archives and *I'm Living Proof* profiles contain inspiring personal stories.
- ✓ DBSA publishes in peer-reviewed medical journals and conducts surveys on issues of importance to individuals living with mood disorders and those treating these disorders.