

## Topics

Participants are welcome to share their experiences and ask questions on a variety of topics. Common topics raised in group meetings are:

### Depression:

- How depression affects all aspects of life, work, family, and friends
- The effects of medication
- The sometimes long and painful recovery process

### Bipolar Disorder:

- How other people view mood swings; why they often seem to equate happiness with mania or sadness with depression
- The effects of medication
- Learning to recognize the difference between happiness and mania, and sadness and depression

### Family Members and Friends:

- Anger at the illness and at the lack of control of the loved one
- Understanding what triggers an episode
- Learning what to say and do

At some larger meetings, there are specific support groups for depression, bipolar disorder, and family issues. Contact the facilitator directly for more information.

The support groups are guided by the principles of sharing, confidentiality, trust, responsibility, and mutual respect. Respecting these principles, we work together to understand, gain confidence, and recover.

## DBSA Mission and Vision

DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders. DBSA envisions wellness for people who live with depression and bipolar disorder. Because DBSA was created for and is led by individuals living with mood disorders, our vision, mission, and programming are always informed by the personal, lived experience of peers.

### Our Vision

1. **Community** - DBSA creates the opportunity for meaningful lives by compassionately engaging with individuals and providing peer-led support groups, educational materials, and wellness tools that focus on resiliency, achievement, creativity, and connection.
2. **Inspiration** - DBSA celebrates peers' accomplishments, including those of the many talented, successful individuals recognized by the public for their contributions to the world.
3. **Wisdom** - DBSA advances learning through research and experience while promoting a transformative understanding of mental health through wide, timely dissemination of information about the latest treatments, wellness practices, and lived experiences.
4. **Responsibility** - DBSA advocates for the right of peers to choose their own paths to mental, emotional, and physical wellness while promoting structures and practices that advance whole health and accessible care for everyone.



Depression and Bipolar  
Support Alliance

**Mental Health Minnesota  
Chapter**

## Support Groups

*"After I was diagnosed, I needed to know, 'Does it get better than this and how do I get there from here?'"*

These are important questions, and the answers are not always easy to find. That's where DBSA can help.

A Program Of:

**MENTAL HEALTH** Minnesota  
*The Voice of Recovery*

www.mentalhealthmn.org  
2233 University Ave W Suite 200  
Saint Paul, MN 55114

MAIN: 651-493-6634 TOLL FREE: 800-862-1799

## DBSA Information

### What is DBSA?

DBSA, Minnesota Chapter is a charter member of the National Depression and Bipolar Support Alliance. Today, DBSA operates support groups throughout the state and serves over 300 members.

DBSA, Minnesota Chapter became a program of Mental Health Minnesota in 2004.

### Who runs DBSA?

People just like you – volunteers – who got peer support from others who share similar problems. DBSA members who have received training in facilitating group discussions lead the support groups.

### What happens at a support group?

DBSA and Mental Health Minnesota strive to provide caring support groups where people who live with depression or bipolar disorder can share their experiences, concerns, and feelings. Participants are welcomed whether they live with depression or bipolar disorder or care about someone who does.

Support groups do not substitute for medical attention or therapy. Rather they provide a much needed place for people with common concerns to meet and find support.

At support groups, participants learn and gather strength from each other. Each support group participant has the opportunity to voice opinions, ask questions, and share personal experiences.

You are welcome to attend at any time. You do not need to preregister. However, it can be beneficial to talk to the facilitator prior to attending, so you know what to expect.

## Twin Cities Area

### Eagan

1<sup>st</sup> & 3<sup>rd</sup> Monday, 7 – 8:30 pm  
St. John Neumann Catholic Church  
4030 Pilot Knob Road  
Cindy, 612-386-9131

*Please note: This group does not meet on Martin Luther King Jr. Day, Presidents' Day, Memorial Day, or Labor Day.*

### Maple Grove

1<sup>st</sup> & 3<sup>rd</sup> Thursday, 7 – 9 pm  
St. Joseph the Worker Catholic Church  
7180 Hemlock Lane  
Steve, 763-425-6505, ext. 107

### Mounds View

2<sup>nd</sup> & 4<sup>th</sup> Tuesday, 7 – 8:00 pm  
Sunrise Methodist Church  
Co. Rd I & Long Lake Rd  
Robin, 651-587-6438

### St. Louis Park

2<sup>nd</sup> & 4<sup>th</sup> Thursday, 7 – 9 pm  
Park Nicollet Melrose Center  
3525 Monterey Drive  
Bobby, 952-938-8941

### St. Paul – Highland Park

1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Wednesday, 7 – 8:30 pm  
Jewish Community Center  
1375 St. Paul Avenue  
Mary, 651-636-4012

## Greater Minnesota

### Albany

Every Monday, 6:30 – 7:30 pm  
CentraCare Clinic  
320 Third Avenue  
320-845-2157

### St. Cloud

Every Thursday, 6 – 7:30 pm  
Hope Community Support Program  
157 Roosevelt Road, Suite 300  
Lynn, 320-240-3324



**Depression and Bipolar  
Support Alliance**

**MENTAL HEALTH Minnesota**  
*The Voice of Recovery*

The mission of Mental Health Minnesota is to enhance mental health, promote individual empowerment, and increase access to treatment and services for persons with mental illness.

To learn about our mental health advocacy and outreach programs, visit [mentalhealthmn.org](http://mentalhealthmn.org).

*Information current as of 10/11/2017*