

We've Been There We Can Help!



DBSA-WV

DBSA support groups help people maintain better mental health. Group meetings focus on mutual aid strategies for living the fullest life possible. Members continually seek to provide hope, reassurance and encouragement for one another.

DBSA Meetings are Free, Peer Lead and Confidential

At a DBSA meeting you will find:

- Understanding
- Bipolar Support
- Depression Support
- Veteran Support
- Family Support
- Free Literature
- And a sharing of ideas

Check the www.dbsawv.org for meetings in your area

Facebook: *DBSA West Virginia*

The Path to Mental Health Begins with Knowledge

People who have mood disorders can more readily achieve wellness when they recognize the symptoms and understand the issues related to this spectrum of conditions.

DBSA educational materials help people with diagnoses and their loved ones to know what mood disorders are, what can be done for treatment and management.

Depression and Bipolar Support Alliance WV is a non-profit organization for persons living with mood disorders and their support person. Meetings are FREE and confidential

DBSA-WV STATE OFFICE

Brown Bag by the Bridge

Monday thru Friday

11:00-2:00pm

61 Marion Street

Buckhannon, WV 26201

304-609-2662

Bring your lunch and

Join us!

Free water and coffee