

DBSA West WE'VE BEEN THERE. WE CAN HELP.

The Chicago Western Suburbs Chapter of the Depression and Bipolar Support Alliance.

Chicago Western Suburbs Depression and Bipolar Disorder Support Groups for patients, their families and friends.

WHY ATTEND A SUPPORT GROUP?

MAKE CONNECTIONS

- Meeting with others helps you to feel less alone.
- Support groups provide a safe environment, filled with compassion and understanding

GAIN VALUABLE EXPERIENCE

- Build on the collective experience of others
- Compare experiences with orders regarding strategies for living well with mood disorders.

GET MOTIVATED

- People in support groups will be more likely to seek out professional treatment for the first time or persuade others to take a more active role in their existing treatment.

FIND HOPE

- Witnessing the success of others will often give participants and family members hope for the future.

GOOD SAMARITAN HOSPITAL at 3815 Highland Avenue in Downers Grove, generously provides rooms for all of our support group meetings

PATIENT SUPPORT GROUPS

- Meetings run by patients, for patients only. No friends or family.
- Sunday: 1:00pm to 3:00pm
- Wednesday: 7:00pm to 9:00pm

CAREGIVER SUPPORT GROUP

- Meetings run by friends and family for friends and family only. No patients.
- Thursday: 7:00pm to 8:30pm

SEE OUR WEBSITE, www.dbsawest.org FOR UP-TO DATE MEETING LOCATIONS



DBSA is a grass-roots organization dedicated to improving the lives of people who have been diagnosed with depression or bipolar disorder.

DBSA West provides local support, hope, friendship, and information to those affected by mood disorders and their loved ones. We offer two weekly support groups for patients, and one exclusively for family and caregivers

For Questions,
CALL US
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