

# DBSA West Suburban Chicago

*We've been there. We can help.*

## 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 INFORMATION

- Build on the collective experiences of others.
- Compare experiences with medications, doctors and therapists.

#### GET MOTIVATED

- People in support groups will often seek out professional treatment for the first time or persuade people 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 their own 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](http://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, friends and caregivers.**

**For Questions,  
CALL US  
at  
773.586.0886**

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