

**SYMPTOMS OF DEPRESSION -
OR THE "LOWS" OF BIPOLAR DISORDER**

- Feelings of worthlessness, hopelessness, or guilt
- Feelings of total indifference
- Prolonged sadness or crying spells
- Withdrawal from social activities
- Loss of or noticeable increase of appetite
- Thoughts of death or suicide; suicide attempts
- Fatigue, lethargy, and increased need for sleep
- Insomnia (inability to sleep)
- Inability to concentrate; indecisiveness
- Aches and pains, constipation, or other physical ailments that cannot be explained

**SYMPTOMS OF MANIA -
THE "HIGHS" OF BIPOLAR DISORDER**

- Excessively good, euphoric, or expansive mood
- Irritability and anger inconsistent with the situation
- Extreme cheerfulness or optimism
- Grandiose ideas
- Lack of judgment
- Flight of ideas, racing thoughts, disorganized thoughts
- Talking in a rush and changing from topic to topic
- Decreased need for sleep
- Sudden rage, irritability, or paranoia

DBSA support groups provide the kind of sharing and caring that is crucial for a lifetime of wellness, but support groups are not substitutes for professional care.



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

**Depression and Bipolar
Support Alliance**

(DBSA) Greater Houston

3800 Buffalo Speedway, Suite 300
Houston, Texas 77098

**To learn more about
support groups in
your neighborhood
or how you can
become involved,
visit our website at
www.dbsahouston.org
or call DBSA at
713-600-1131.**

Together we can make a brighter future.

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**Don't let
depression
or bipolar
disorder
leave you
in the dark.**

**Step into
the light.**

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



USEFUL NUMBERS

Crisis Intervention of Houston
713-HOT-LINE (713-468-5463)
• crisis intervention
• suicide prevention

Mental Health America-Greater Houston
713-522-5161

• information and referrals
• advocacy and education

MHMRA

713-970-7070

• administration and eligibility
• psychiatric eval. and med. management
• NeuroPsychiatric Center - Emergency
Psychiatric Treatment

National Alliance on Mental Illness

(NAMI) Texas - 800-633-3760

(NAMI) Metro Houston - 713-970-3455

• education and support

• advocacy

Dealing with depression or bipolar disorder can be frustrating and frightening – and it is easy to lose hope. Shadows are cast over relationships with friends and family, making you feel isolated when you need help the most.

But you are not alone — more than 25 million people of all ages, races, and genders struggle with these disorders, making them the country's most common emotional health problems. Treatment is available — and the future looks bright. One of the first steps towards recovery is building a network of support.

Depression and Bipolar Support Alliance Greater Houston (DBSA) offers free, confidential support groups for people struggling with depression and/or bipolar disorder. The support groups are open to their family members and friends as well. In the groups, which are led by trained facilitators, you can talk to people who have been where you are – you will share experiences, problems and solutions, encouragement and support. You will begin to see the light, and together you can work toward a brighter day.

DBSA sponsored support groups offer much more than a chance to chat. An independent research study showed that people who participated in our support groups reported an amazing 90% improvement in their overall quality of life and a 85% improvement in their own recovery from a mood disorder. When you connect with others who are learning to cope, you will discover many benefits including:

- Opportunities to reach out to others and benefit from their experiences
- Motivation to stick to your treatment plan
- Strengths – and a sense of humor – you thought you had lost
- Mutual understanding and discovery

People often fear what they do not know. That is why DBSA is working to bring depression and bipolar disorder into the light. In addition to providing free support groups, DBSA strives to educate and increase awareness and acceptance of these treatable conditions. DBSA conducts presentations for the public on issues related to mental health and regularly publishes *MoodPoints*, an informative and resourceful newsletter. DBSA Greater Houston is part of a national organization that works to advocate, educate, and inform.