



Illinois DBSA Support Groups
In the Surrounding Area's
For Self Help, Support, Education, and Advocacy
<http://www.dbsalliance.org>

Depression and Bipolar
Support Alliance

The mission of **DBSA** is to improve the lives of people living with mood disorders such as bipolar (manic depression) and depression. The goal is to enhance their employment opportunities, improve recreation, relationship skills, and significantly reduce the recurrence of symptoms through self-help techniques.

Bipolar disorder is two sided in its symptoms. The mania part of the illness is having supercharged energy, little need for sleep, super-organization, loud and rapid speech, poor judgment, over involvement in politics or religion, every argumentative and impulsive traveling.

The depression side of the illness is having a small or big appetite, lack of energy, getting no pleasure from life, self-criticism, feeling hopeless or worthless, sleep disturbance, difficulty concentrating or remembering, unable to make decisions, anxiety, guilt, low self-esteem, and suicidal thoughts or feelings.

DBSA support groups provide an opportunity to hear and talk to others about mood disorders, to begin new friendships, and be updated on the latest research information and new therapy treatments. Our meetings focus on the daily coping skills necessary to manage the disability and to live a full, productive and quality life.

DBSA of Madison County

Anderson Hospital
6800 Hwy 162, Maryville IL
Facilitated by Tod Jurke (618) 567-0986
Every **Monday**, 7:30pm on Level B,
(Behind vending area across from cafeteria)

DBSA of Hope, Belleville

St. Elizabeth Hospital
211 South 3rd Street, Belleville, IL.
Facilitated by Tod Jurke (618) 567-0986
and Lisa Wojick (618) 623-6741.
Every **Tuesday**, 7:00pm, 7th floor, Room 722

DBSA of Hope, Belleville

St. Elizabeth Hospital
211 South 3rd Street, Belleville, IL.
Facilitated by Tod Jurke (618) 567-0986 and
Lisa Wojick (618) 623-6741.
Every **Saturday**, 12:00pm 7th floor, Room 722

Rev: 25 September 2014

Replaces: 7 March 2014

For updates contact Tod Jurke or Lisa Wojick

Independent affiliate's of the Depression and Bipolar Support Alliance

730 N. Franklin Street, Suite 501, Chicago, IL 60610-7224, USA, <http://www.DBSAAlliance.org>

Self-Help

Support

Education

Advocacy