

DBSA Asheville

Do I have a
mood disorder?



WORKING TO BETTER
THE LIVES OF PEOPLE
WITH MOOD DISORDERS.

Mood disorders are mental health challenges that encompass depression, bipolar and related disorders. They affect people of all ages, genders, and ethnicities.

Symptoms vary among individuals. Only a trained professional can diagnose and treat us accurately but it is up to us to let others know how we are feeling. Although symptoms can be severe and even life threatening, people with major depressive and bipolar disorders can and do lead full and productive lives.

Do any of these feel familiar?

- I feel a deep sadness.
- I am never hungry/always eating.
- I am prone to risky behavior.
- I feel anxious, worthless and empty.
- I can't concentrate like I used to.
- I drink to feel better.
- I sleep all the time but I'm still tired.
- I feel hopeless, helpless and guilty.
- I am irritable but have lots of energy.
- I have headaches and body aches.
- I have racing thoughts.
- I don't care enough to even shower.
- I think about suicide sometimes.

Wednesdays - 7 to 9 pm
Saturdays - 4 to 6 pm

828.367.7660

(We do not provide crisis intervention services)

1316-C Patton Ave, W Asheville
(Patton Ave, behind Sonic, down
Parkwood Rd, lot across from BB&T)

For further info:

Depression Bipolar Asheville.com
DBSAlliance.org

DBSA Asheville - Magnetic Minds is NOT a therapy group; therefore the group does not function to solve deeper issues. Members who are in crisis will be guided to contact credentialed professionals. For advice about specific treatments or medications, individuals should consult their physicians and/or mental health professionals. Neither DBSA Asheville, nor any of its informational material, is intended to take the place of a visit to a qualified health care provider.

DBSA Asheville - Magnetic Minds Inc.
is a NC registered 501(c)(3) non-profit.
We appreciate your kind tax-free donations.

DBSA ASHEVILLE MAGNETIC MINDS

Depression and Bipolar
Support Alliance

Free Peer-Facilitated
Support Group
for People
with
Mood Disorders



BIPOLAR DISORDER is a treatable medical condition marked by extreme changes in mood, thoughts, energy, and behavior. Moods can alternate between symptoms of hypomania/mania (highs) and depression. These changes in mood can last for hours, days, weeks or even months.

If my revelation of having bipolar II has encouraged one person to seek help, then it is worth it. There is no need to suffer silently and there is no shame in seeking help.

—Catherine Zeta-Jones

DEPRESSION is a treatable medical condition marked by changes in mood, thoughts, energy, and behavior. Major depression is more than just “the blues.” Depressive symptoms persist for more than two weeks and usually interfere with work and daily functioning.

We are a peer-led, self-help support group, comprised of members who share similar challenges of depression and bipolar disorder. We provide members with a chance to help themselves and others through supportive communication, a mutual exchange of information and ideas, full acceptance and a sense of belonging. We are also a safe place to learn to ask for help and support.



People who have been attending a DBSA group for more than a year are less likely to have been in the hospital in the past 12 months.

—DBSAlliance.org

For your safety, our group guidelines include:

- **Share the air.** It's everyone's responsibility to make the group a safe place to share by treating others with respect, kindness and by showing compassion. It's OK not to share.
- **One person speaks at a time** without crosstalk or side conversations.
- **Confidentiality.** What is said here, stays here.
- **We are an open group.** For your comfort, participants can come and go as they please.
- **Use I statements.** For example, rather than “You should...” say “In my experience, I have found...”
- **We are all equal.** We are all consumers and volunteers. Please leave your PhD at the door.
- **We are inclusive,** welcoming, and supportive of all adults, 18 and over.
- **No physical contact** without consent of the other member.
- **If you are in crisis,** we can assist in helping you contact a credentialed professional or crisis intervention service.

We've been there. We can help.