

WELCOME STATEMENT

Welcome to DBSA [Chapter Name], an independent affiliate of the Depression and Bipolar Support Alliance! We are led by and created for peers—individuals living with mood disorders—and that experience informs everything that we do. Another distinction of peers is that we are not physicians or other type of mental healthcare provider. Being peer-run makes our tagline, “We’ve been there, we can help,” a reality. Our mission is to provide hope, help, support, and education to improve the lives of people who live with mood disorders.

My name is _____, and I will be facilitating tonight’s meeting. I am here as a volunteer and a person with a mood disorder. This is *our* group, and I am not here as the person with all the answers. My role is to simply keep our discussion on track and to help maintain a productive environment. To do that, I may occasionally ask a question, make a comment, or help move discussion along.

Now we will read the DBSA Support Group Preamble. Would anyone like to volunteer to read tonight?

