

DBSA Morristown Area is an affiliate of the Depression and Bipolar Support Alliance, based in Chicago. Affiliates in most states. And Brazil and Athens. Ours was the first chapter in New Jersey. DBSA is the nation's largest illness-specific peer-led group for people living with depression or bipolar disorder. DBSA has many prestigious medical advisors, offers recovery-orientated tools, hope, help, support. <http://www.dbsanewjersey.org/morristownarea>

OUR GOALS ARE:

1. To help provide access to the most qualified doctors & other health care professionals.
2. To provide information on depression and bipolar illness, particularly about diagnosis and treatment.
3. To provide emotional support to depressive and bipolar people, their families and friends.
4. To educate the public on the biochemical nature of the disorders and their medical treatments.
5. To help eliminate the stigma often associated with these disorders.

We provide the following:

1. Frequent meetings in which participants, in small groups, share experiences, problems and solutions, and offer mutual support.
2. Monthly lectures by doctors and other health care professionals for current information.
3. A telephone service for information.
4. Cutting edge Brain and Behavior research magazine is no longer sent to us but can use <https://www.bbrfoundation.org/brain-behavior-magazine>. Click on "see current issue" OR to get hardcopy indefinitely email info@bbrfoundation.org or call (800) 829-8289 w/ a minimum \$5 donation
5. Our lecture schedule via postal mail.
6. A free lending library of CDs and DVDs for use by the membership. We will mail you up to 3 CDs/DVDs. Ask for list at LSB1@panix.com

DEPRESSION & BIPOLAR DISORDER

Bipolar illness is a disorder characterized by extreme mood swings of depression and mania, clinically known as bipolar affective disorder. The illness appears to be caused by a

biochemical imbalance in the body and can often be controlled by medication. Some depressions, called unipolar affective disorders, may also be caused by biochemical imbalance and respond to medication.

A variety of medications are available for treatment. Psychopharmacologists and psychiatrists who are expert in drug therapy should be consulted. For example, Lithium, a natural salt, has been successful in aiding many patients. Psychotherapy or counseling is often useful as well. Many patients have been successfully stabilized on medication and lead normal lives.

SYMPTOMS OF DEPRESSION

4 or more recognizable symptoms that are strikingly different from the person's normal range of feelings and behavior functioning. Depressive symptoms persist for 2 or more weeks and interfere with daily functioning.

- Prolonged sadness or unexplained crying spells
- Significant changes in appetite, sleep patterns
- Increased or persistent irritability, anger, worry, agitation, anxiety
- Overall pessimism or indifference
- Excessive feelings of guilt, worthlessness
- Inability to concentrate, indecisiveness
- Inability to enjoy former interests, social withdrawal
- Unexplained aches, pains
- Recurrent thoughts of death or suicide

SYMPTOMS OF MANIA

A person's mood alternates between mania and depression, with the moodswing lasting for days, weeks or even months. Treatments for depression and bipolar illness are different and consultation with a doctor or qualified mental health professional is recommended if 4 or more of the following symptoms persist to a significant degree, interfering with normal functioning for over 1 week:

- Heightened mood, exaggerated optimism and self confidence
- Decreased need for sleep (less than 3 hours) without fatigue
- Grandiose delusions, inflated sense of self-importance
- Excessive irritability, aggressive behavior

- Increased physical, mental activity
- Racing speech, flight of ideas, impulsiveness
- Poor judgment, easily distracted, difficulty concentrating
- Reckless behavior without concern for consequences, such as spending sprees, rash business decisions, erratic driving, sexual indiscretions
- In severe cases, auditory hallucinations (hearing voices) or delusions (strong convictions about things that aren't true)

Other symptoms are possible; no one symptom determines the disorder. Children often have different presentations.

**ADDITIONAL INFORMATION AVAILABLE.
Linda 973-994-1143 or Chris 973 931-3602**

We need your financial support to pay the rent, a required insurance policy, photocopying and other costs associated with running our chapter.

THIS IS A BIG BARGAIN! 52 weeks of peer group meetings, monthly lectures, and schedule periodically, Emails for Zoom links and information

<p>Please Detach and Return to: DBSA Morristown Area c/o 1 Stony Hill Place Livingston, NJ 07039</p> <p>_____ \$35 annual <i>sustaining</i> individual membership which includes free admission to all meetings and mailings of schedule</p> <p>_____ \$55 annual family membership for the above services..</p> <p>_____ \$20 regular membership (see above).</p> <p>_____ I can't pay dues now, but would like to be a member. I can contribute \$_____.</p> <p>Name(s) _____</p> <p>Address _____</p> <p style="text-align: right;">(Zip) _____ 9 digits preferred</p> <p>Phone (area code): () _____</p> <p>Email address: <i>(requested)</i></p> <p>_____</p> <p>Date _____</p>
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