

Depression and Bipolar Alliance of San Diego

Depression and Bipolar Alliance of San Diego (DBSA San Diego) is a non-profit organization that supports many people just like Catherine who are suffering with Bipolar Disorder or Depression, [which are terrible mood disorders that control your mood with manias and depressions (extreme highs and lows.)]

The organization is fully run and created by volunteers who are not paid and volunteer because they want to help or have experiences with the illnesses. DBSA is funded by the public with donations from supporters. The people that volunteer for this organization help with support groups that families, individuals, and couples can attend, and during these support groups the people make new friends. If the volunteers see that one of the people that come for support is in a state of crisis or actively suicidal the volunteers often help them by taking them to the hospital for medical attention. There are several different types of Bipolar Disorders that all require treatment and/or medical attention. (The most common are Bipolar I, Bipolar II, and a less intense cyclic mood disorder called cyclothymic disorder. Any form of bipolar can have mixed states (episodes of time where the person experiences symptoms of both mania and depression) or be rapid-cycling (have four or more episodes per year.) No matter what type of Bipolar Disorder the person is diagnosed with they are going to have mood swings because that's one of the symptoms of the disorder. The symptoms of Bipolar Disorder may include of anger, anxiety, apathy, apprehension, euphoria, general discontent, guilt, hopelessness, inability to feel pleasure, loss of interest, mood swings, sadness, or elevated mood. The person's family and friends can help by listening to them and supporting them. This can help them by tempering their mood swings. If the symptoms are severe, it is important to seek help. Ask the person what you can do to help or if they just need some space.)

A person's mood during bipolar alternates between mania, or highs, and depression, a low. The mood swings for depression and bipolar can last for hours, days, weeks, or even months. The DBSA website quotes that, "Typically, someone with bipolar disorder experiences one or two cycles a year, with manic episodes generally occurring in the spring or fall." You can get bipolar anytime in your life, like early childhood or in older years. More than three million people are affected per year with depression.

The DBSA helps people with this and gives others the chance to help and learn more about these disorders. Again, there is no cure for bipolar disorder or depression but there are treatments available. For more information, visit www.dbsasandiego.org. Also, if you know someone who is going through depression and/or bipolar and needs help, contact the San Diego Access and Crisis Hotline at [1-800-479-3339](tel:1-800-479-3339). If you would like to ask questions and contact the organization, please call at [858-444-6776](tel:858-444-6776), which is not a crisis hotline.