



## Resource CD Contents

### DBSA Information

- ❖ DBSA County List (updated 3/11)
- ❖ DBSA Group Leader Contacts (updated 3/11)
- ❖ DBSA San Diego FAQs
- ❖ DBSA San Diego Info Sheet
- ❖ DBSA San Diego Support Group Guidelines
- ❖ DBSA San Diego Services & Activities Report (updated 9/18/11)
- ❖ DBSA Newsletters (April and July 2010)

The most up-to-date copies of these documents can be found on the Resources page of our website [www.dbsasandiego.org](http://www.dbsasandiego.org).

### Walk Resources – available at outreach events

- ❖ 10 Secrets to Choosing Joy
- ❖ 52 Proven Stress Reducers
- ❖ 82 Ideas for Self-Nurturing Activities
- ❖ 101 Ways to Relax
- ❖ Bipolar Disorder Statistics
- ❖ Bright IDEAS – Problem Solving
- ❖ Communication Styles
- ❖ Community Crisis Resources
- ❖ Famous People (with mental illnesses)
- ❖ Food and Mood
- ❖ Help Lines
- ❖ Just a Mood or Something Else (Young adults and mood disorders)
- ❖ Kindness as a Way to Wellness
- ❖ Local Mental Health Resources
- ❖ Lovable (positive affirmations)
- ❖ Men and Depression
- ❖ Mood State Pyramid
- ❖ Myths and Facts
- ❖ Plan for Life
- ❖ Strength of Us (NAMI social networking site for young adults with mental illnesses)
- ❖ Suicide Info & Plan for Life
- ❖ Symptoms of Depression & Mania
- ❖ Symptoms of Depression, Bipolar & Schizoaffective Disorders
- ❖ The Storm in My Brain – Kids & Bipolar
- ❖ Treatment Technologies for Mood Disorders



## Resource CD Contents

- ❖ What Helps and What Hurts

### Community Resources

- ❖ ACES Application
- ❖ ACES General Information (low-income access to computers)
- ❖ IYA - Impact Young Adults
- ❖ Local Hoarding Resources
- ❖ OCD & Hoarding Resources
- ❖ OCD Spectrum Support Group – Mid-City
- ❖ Postpartum Health Alliance Resource Handout
- ❖ RICA Program Site List
- ❖ Survivors of Suicide Handbook
- ❖ Victims Compensation Provider Info 2011

### DBSA Publications

- ❖ Bipolar Disorder – Rapid Cycling
- ❖ Coping with Mood Changes Later in Life
- ❖ Family & Friends Guide to Recovery from Depression & Bipolar Disorder
- ❖ Just Diagnosed – Now What?
- ❖ Stories of Coping & Courage
- ❖ Wellness at Work

These can also be found in the publications section of the DBSA national website [www.dbsalliance.org](http://www.dbsalliance.org).

### Other

- ❖ Activity Schedule – weekly
- ❖ BEAM Mood Chart
- ❖ GRAPES Chart
- ❖ GRAPES Sign
- ❖ GRAPES Sign with background
- ❖ Personal Bill of Rights & Ten Irrational Ideas
- ❖ PERT Behavioral Health Emergency Response Plan Form
- ❖ Quick Reference to Psychotropic Medications
- ❖ Types of Cognitive Distortions

GRAPES is particularly helpful to our members.