DEPRESSION AND BIPOLAR SUPPORT ALLIANCE (DBSA)


DBSA is a peer-facilitated support group of people who support one another on our road to wellness. Includes those diagnosed with mood disorders, their families and friends, and anyone else who seeks to learn more about depressive and bipolar mood (affective) disorders.

DBSA San Diego emphasizes education in all areas that relate to bipolar and depressive illnesses, including the identification of community resources available to help those affected by these disorders.

Through education and awareness, many people find that they are better able to cope with the pain of their illness with dignity and insight.

FUNCTIONS:
Support Group Meetings
Speakers
Website which provides extensive list of resources and list of meetings, contacts
Social Activities

A DBSA Resource CD is available at: http://www.dbsasandiego.org/resource-cd/

NAMI San Diego

http://www.namisandiego.org/ Helpline: 619-543-1424 and 1-800-523-5933

MISSION: Threefold mission:

Support people with mental illnesses and their families by helping them find coping mechanisms for their daily struggle with brain disorders.

Educate people who have mental illness, their families, and the general public about mental illness with the goal of dispelling ignorance and stigma.

Advocate for more research and an improved system of mental health services across the nation.

There is an emphasis on recovery.
NAMI San Diego (Continued)

FUNCTIONS:
Website
Helpline
Services include classes, support groups, outreach program, child and teen and elderly programs, on campus programs and scholarships. In addition, it has emergency financial help (for AIDS and HIV only) and representative payee programs.

Of note: The “Family-to-family” classes are indispensable for anyone who needs to learn about mental illness and how to support someone with a mental disorder. The “Peer-to-peer” classes are similarly valuable for someone who has or suspects mental illness. CLASSES ARE OFTEN FULL—BE PERSISTENT. YOU MAY BE ABLE GET IN IF SOMEONE FAILS TO ATTEND BY JUST SHOWING UP FIRST CLASS.

P.E.R.T. (Psychiatric Emergency Response Team) To access, call:
Carlsbad Police (760) 931-2100
Chula Vista Police (619) 691-5151
El Cajon Police (619) 579-3311
Escondido Police (760) 839-4721
La Mesa Police (619) 667-1400
National City Police (619) 336-4411
Oceanside Police (760) 435-4900
San Diego Police (619) 531-2000
San Diego Sheriff (858) 565-5200
OR FOR EMERGENCY 911

MAKE SURE IT IS CLEAR THAT YOU WANT THE P.E.R.T. TEAM! P.E.R.T. may not be available every day in every area. If a local team is not available, to find out the nearest available team, call the P.E.R.T. office at 619-276-8112.

You may be able to provide information to P.E.R.T. about your loved one prior to an episode. Depending on their schedule, they may be able to meet prior to an incident.
Recovery Innovations of California provides recovery-based services to adults with mental health and/or addiction challenges. Recovery Innovations of California also conducts workshops on mental health recovery principles and practices and how to implement them throughout your organization. Headquartered in San Diego, Recovery Innovations of California is a peer-run non-profit organization.

Focus is on wellness to maximize the growth of hope, knowledge, skills, and supports, allowing each person to move forward in their recovery. People discover the pathways to recovery — hope, choice, empowerment, recovery environment, and meaning and purpose — and how to use them to feel better about themselves and develop their own plan for wellness. This is a peer run organization. It provides recovery education classes, workshops and will consult with organizations.

Network of Care Mental Health part of San Diego County Public Website

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MENTAL HEALTH AMERICA


Claims to be the premier mental health agency, organized for over 100 years, 320 affiliates—largest in U.S.

MISSION:
Organization has mission of "Promoting mental health, preventing mental disorders and achieving victory over mental illness through advocacy, education, research and services." It has a goal to end discrimination and expand access to care.

FUNCTIONS:
Advocates for changes in policy; Educates the public and provides critical information; Delivers urgently needed Programs and Services.

Programs and Events:
The goals of programs are to educate the public, encourage reform and promote the use of effective local and regional prevention and recovery programs.

Mental Health America's Public Education Programs:
Nationally and locally raise awareness that mental illnesses are common, real and treatable.

Campaign for America's Mental Health programs and activities include:
Childhood Depression Awareness Day
Children's Mental Health Matters
Dialogue for Recovery
Live Your Life Well
May Is Mental Health Month
Maternal Depression Guide
National Depression Screening Day
Operation Healthy Reunions
"What Does Gay Mean?"

Mental Health America's Annual Meetings

Mental Health America's Advocacy Programs:
Juvenile Justice Initiative
Get Educated, Get Enrolled
Justice for Death Row Inmates Resource Center
Healthcare Reform Advocacy Training Program
Voter Empowerment
Fall Policy Conference
Healthcare Disparities Multi-State Meeting
MENTAL HEALTH AMERICA (Continued)

Mental Health America's Prevention and Recovery Programs:
Affordable Housing (Habitat for Humanity partnership)
Blueprint for Responding to Public Mental Health Needs in Times of Crisis
Emergency Response Taskforce
National Consumer Supporter Technical Assistance Center
Invisible Children's Project

Local chapter website has links to on-line training, has a link to order a directory, program listings and a Talk line.

CALIFORNIA BIPOLAR FOUNDATION
(INternational Bipolar Foundation)

http://www.internationalbipolarfoundation.org/

MISSION:

Eliminate bipolar disorder through the advancement of research, to provide and enhance care and support services for all affected and to erase associated stigma through public information.

Emphasis on the “cure” and does not endorse legislation.

FUNCTIONS:

Education:
Mental Health Fair (May)
Bipolar Awareness Day (October)
Curriculum for public school system
Electronic newsletter
Public relations

Care and Support:
Twice monthly day time support group meetings
Monthly evening support group meetings
Summer family picnic
Sibling support group
Mental health courts and training police officers

Has a suicide and talk line
“Get Help” on website
On-line forum
Information on website (bipolar education and bipolar research)
Chapters in 5 areas in San Diego