

From: Michael Pollock media@dbsalliance.org
Subject: DBSA Celebrates Mental Health Awareness Month
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This May, DBSA is meeting you where you are, and we are here to support you to find community, wellness, and hope.

Whether people need customizable tools to work towards wellness on their own, or resources for reaching out to a support group or mental health professional, DBSA has a wealth of resources to help support you and spread awareness this month.

Find Resources

Share With Your Networks!





Partner Toolkit



Social Media Toolkit

Double Your Impact in May!

Your kindness and generosity mean that someone with a mood disorder will get the personalized resources they need on their path to wellness.

Thanks to an anonymous board member, all donations will be matched up to \$10,000!

Donate Today



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