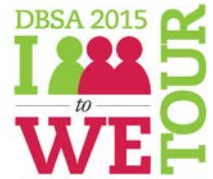




Depression and Bipolar  
Support Alliance



## Mariel Hemingway to Keynote DBSA I to We Tour: Greater Los Angeles

DBSA national tour shifts the focus from illness to wellness.

Contact: Cindy Specht  
(312) 988-1163  
CSpecht@DBSAlliance.org

## FOR IMMEDIATE RELEASE ##

July, 2015, Chicago, IL—The Depression and Bipolar Support Alliance (DBSA) is crossing the nation on the **DBSA I to We Tour** with the goal of shifting the focus in mental health from “**I to We**”—from eliminating **i**llness to building **w**ellness; from **i**solation and fear to a **w**elcoming community of support; and from **i**ndividual views to **p**owerful, collective voices!

Northridge, CA, will be the second stop on this multi-city tour on August 15, 2015, when the national organization of DBSA joins forces with local mental health organizations—including co-host DBSA Northridge and event partners DBSA Conejo Valley, DBSA Pasadena, DBSA San Gabriel Valley, Dignity Health Northridge Hospital Medical Center Behavioral Health Services, Los Angeles County Department of Mental Health, NAMI Glendale, and NAMI San Fernando Valley—to host the **DBSA I to We Tour: Greater Los Angeles**. This free community event celebrates the significant contributions of individuals living with mental health conditions; promotes dialogue and action towards changing public perception from danger and drain to potential and contribution; and connects individuals seeking wellness to support and community resources.

DBSA invites individuals living with mood disorders and their friends or family, mental health practitioners, members of the press, local government officials, and the public to join them for this free multi-media presentation featuring peer perspectives on mood disorders—to educate, connect, and inspire. Academy Award nominated actress and author Mariel Hemingway will share how her family’s legacy of mental illness, suicide, addiction, and depression led her to become a mental health advocate. Ms. Hemingway will host a book signing for her two newly released books, *Out Came the Sun* and *Invisible Girl* immediately following the presentation.

“People living with mood disorders can and do live extraordinary lives! But each of us must play a critical role in creating a future where wellness is no longer a possibility for only some, but a probability for all,” shares DBSA President Allen Doederlein.

Don’t miss this extraordinary, free wellness event August 15, 2015, 1:00 PM – 3:00 PM, at California State University Student Union Grand Salon, 18111 Nordhoff Street, Northridge, CA 91330. Learn more about this event and the **DBSA I to We Tour** at [www.DBSAlliance.org/ItoWeTour](http://www.DBSAlliance.org/ItoWeTour).

###

**We’ve been there. We can help.**

55 E. Jackson Blvd., Suite 490 • Chicago, IL 60604  
Phone (312) 642-0049 • Toll-Free (800) 826-3632 • Fax (312) 642-7243 • [www.DBSAlliance.org](http://www.DBSAlliance.org)



Depression and Bipolar  
Support Alliance



The **Depression and Bipolar Support Alliance (DBSA)** is the leading patient-directed national organization focusing on depression and bipolar disorder. The organization fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically-based tools and information. DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments and discover a cure. The organization works to ensure that people living with mood disorders are treated equitably. Assisted by a scientific advisory board comprised of the leading researchers and clinicians in the field of mood disorders, DBSA has more than 700 peer-run support groups across the country serving more than 53,000 people every year, and DBSA's educational materials, public programs, and media activities reach more than 3 million individuals each year. DBSA's mission is to improve the lives of people living with mood disorders.

For more information, please visit [www.DBSAAlliance.org](http://www.DBSAAlliance.org) or call (800) 826-3632.

**We've been there. We can help.**

55 E. Jackson Blvd., Suite 490 • Chicago, IL 60604

Phone (312) 642-0049 • Toll-Free (800) 826-3632 • Fax (312) 642-7243 • [www.DBSAAlliance.org](http://www.DBSAAlliance.org)