



Depression and Bipolar
Support Alliance

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Depression and Bipolar Support Alliance to Present this Fall

“I to We” Mental Wellness Event in Baltimore, Akron, and Seattle

CHICAGO, July 10, 2016—The Depression and Bipolar Support Alliance (DBSA) will present the mental wellness event “I to We” this fall in Baltimore, MD (September 17); Seattle, WA (October 2); and Akron, OH (November 11). This interactive community event promotes dialogue and action towards changing public perception about mental health conditions, connects individuals to support and community resources, and celebrates the contributions of individuals living with these conditions. Mental health and civil rights advocate Melody Moezzi, JD will serve as the keynote speaker. These events are free-of-charge and open to the public; rsvp [here](#) or at DBSAAlliance.org/ItoWe.

All too often, people with mental health conditions are marginalized as having little to contribute to society. It is not widely understood that these conditions, for the most part, present only episodic challenges and that the people who live with them can and do live rich, fulfilling lives. DBSA’s I to We event was created to shift the focus in mental health from “I to We”—from eliminating illness to building wellness; from isolation and fear to a welcoming community of support; and from individual views to powerful, collective voices.

“Those of us who live with depression or bipolar disorder know firsthand that they can be isolating, debilitating conditions,” said DBSA president Allen Doederlein. “That’s why transforming from I to We is so important. Together, as a community of peers, we exponentially increase our power to turn illness to wellness!”

Melody Moezzi, JD is an Iranian-American activist, attorney, and award-winning author. She is author of two books as well as articles for the New York Times, Christian Science Monitor, Guardian, Al Arabiya, and South China Morning Post, a blog for the Huffington Post and a column for bp [bipolar] Magazine. She is a United Nations Global Expert and works with the US Department of Homeland Security, reporting to the US Congressional Commission on International Religious Freedom. She has also appeared on CNN, BBC, and NPR, providing commentary on issues ranging from mental health to Iran to feminism to Islam in America. Moezzi is a graduate of Wesleyan University and the Emory University School of Law, as well as the Emory University Rollins School of Public Health.

The Depression and Bipolar Support Alliance (DBSA) is the leading peer-directed national organization focusing on depression and bipolar disorder, two of today's most prevalent and devastating mental health conditions. Led by and created for individuals living with these conditions, DBSA provides hope, help, support, and education to improve the lives of people living with mood disorders by providing free, scientifically based tools and information focused on an integrated approach to wellness; supporting research; and working toward equitable treatment for people with mental health conditions. In 2015, our programs and resources directly touched 3.4 million people.

**Depression and Bipolar Support Alliance
2016 "I to We" Wellness Tour**

Celebrating the contributions of people with mental health conditions

Melody Moezzi, keynote speaker

Saturday, September 17

Goucher College
Merrick Lecture Hall
1021 Dulaney Valley Road
Baltimore, MD 21204
1-3 p.m.

Sunday, October 2

University of Washington
Center for Urban Horticulture
3501 NE 41st Street
Seattle, WA 98105
1-3 p.m.

Friday, November 11

Sheraton Suites Akron/Cuyahoga Falls
1989 Front Street
Cuyahoga Falls, OH 44221
10 a.m.-4 p.m.

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