



Depression and Bipolar
Support Alliance

Contact: Ellen Schantz, DBSA Communications Director
(312) 988-1162 eschantz@DBSAAlliance.org

For Immediate Release

Depression and Bipolar Support Alliance Presents “I to We” Mental Wellness Event on October 2

CHICAGO, August 2, 2016—The Depression and Bipolar Support Alliance (DBSA) will present the mental wellness event “I to We” on Sunday, October 2, from 1 to 3 p.m. at the University of Washington Center for Urban Horticulture, 3501 NE 41 Street, Seattle. Mental health and civil rights activist Melody Moezzi, JD, will serve as keynote speaker. The event is free of charge and open to the public, though RSVPs are requested and can be made at DBSAAlliance.org/ItoWe.

“I to We” is an interactive community event designed to promote dialogue and action towards changing public perception of mental health conditions. It will also connect individuals to community resources and celebrate the contributions of people living with mental health disorders. DBSA is proud to partner for this event with DBSA Greater Seattle, DBSA Snohomish County, Navos, Department of Psychiatry and Behavioral Sciences—UW Medicine, and VA Puget Sound Health Care System—Seattle Division.

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 have rich, fulfilling lives. DBSA’s “I to We” event was created to shift the focus in mental health from eliminating illness to building wellness; from isolation and fear to a 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 and public apprehension to understanding!”

Melody Moezzi, JD, is an Iranian-American activist, attorney, and award-winning writer. She is author of two books as well as articles for the New York Times, Christian Science Monitor, Guardian, Huffington Post and bp [bipolar] Magazine. A United Nations Global Expert, she has appeared on CNN, BBC, and NPR, providing commentary on issues ranging from mental health to feminism to Islam in America. Moezzi is a graduate of Wesleyan University and the Emory University School of Law and 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, DBSA programs and resources directly touched 3.4 million people.

For more information go to www.DBSAAlliance.org.

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