



## Frequently-Asked Questions

**Q** *Can I bring family members or friends to DBSA San Diego meetings?*

**A** Yes, we have a dedicated "family & friends" group on Mondays. And on both Mondays and Thursdays, family members and friends are welcome in the consumer group(s).

**Q** *Does DBSA San Diego have a mailing list?*

**A** Yes, this is one of the many functions of our Yahoo! Groups Web site. You can join by asking any DBSA San Diego officer or facilitator.

**Q** *What does it cost to join DBSA San Diego?*

**A** There is no charge for membership nor any formal membership process. If you attend our meetings, you are a member. However, we do appreciate donations.

**Q** *What's the difference between bipolar disorder and manic depression?*

**A** *Manic depression* is an older term for what is now usually called *bipolar disorder*. They are exactly the same.

**Q** *Does DBSA San Diego have a Web site?*

**A** Yes, it is located at <http://www.dbsasandiego.org/>.

**Q** *How do I know if I should go to the hospital?*

**A** If you are (1) a danger to yourself, or (2) a danger to others, or (3) gravely disabled, then you should seriously consider going to the hospital. Legally, you can be required to do so if any of those criteria are met. Speak to your psychiatrist if at all possible.

**Q** *Can you recommend a good psychiatrist or therapist for someone with depression or bipolar disorder?*

**A** Yes, we maintain a list of providers recommended by members and associates of DBSA San Diego.

**Q** *Can I volunteer to work for DBSA San Diego?*

**A** Yes, we always need volunteers. Speak to any DBSA San Diego officer or facilitator.

**Q** *Can I stop taking my medications once my depression or mania passed?*

**A** Medication decisions should be made by the psychiatrist, not by the patient. It is very unlikely your psychiatrist would advise stopping your meds at this point.

**Q** *Are DBSA San Diego meetings canceled for holidays?*

**A** No, we meet every Monday and every Thursday without exception, to support one another on our paths to wellness.

**Q** *Does one have to be a veteran to attend DBSA San Diego meetings?*

**A** No. Although we meet in the VA Hospital, we are not affiliated with the hospital, the VA, the government, or the military. We are only affiliated with DBSA, the (national) Depression and Bipolar Support Alliance.