

## **DEPRESSION AND BIPOLAR SUPPORT ALLIANCE (DBSA)**

<http://www.dbsasandiego.org/> and <http://www.dbsalliance.org/>

**DBSA is a peer-facilitated support group of people who support one another on our road to wellness. Includes those diagnosed with mood disorders, their families and friends, and anyone else who seeks to learn more about depressive and bipolar mood (affective) disorders.**

**DBSA San Diego emphasizes education in all areas that relate to bipolar and depressive illnesses, including the identification of community resources available to help those affected by these disorders.**

**Through education and awareness, many people find that they are better able to cope with the pain of their illness with dignity and insight.**

### **FUNCTIONS:**

**Support Group Meetings**

**Speakers**

**Website which provides extensive list of resources and list of meetings, contacts**

**Social Activities**

**A DBSA Resource CD is available at: <http://www.dbsasandiego.org/resource-cd/>**

### **NAMI San Diego**

<http://www.namisandiego.org/> Helpline: 619-543-1424 and 1-800-523-5933

**MISSION: Threefold mission:**

**Support people with mental illnesses and their families by helping them find coping mechanisms for their daily struggle with brain disorders.**

**Educate people who have mental illness, their families, and the general public about mental illness with the goal of dispelling ignorance and stigma.**

**Advocate for more research and an improved system of mental health services across the nation.**

**There is an emphasis on recovery.**

## NAMI San Diego (Continued)

### **FUNCTIONS:**

Website

Helpline

Services include classes, support groups, outreach program, child and teen and elderly programs, on campus programs and scholarships. In addition, it has emergency financial help (for AIDS and HIV only) and representative payee programs.

**Of note: The “Family-to-family” classes are indispensable for anyone who needs to learn about mental illness and how to support someone with a mental disorder. The “Peer-to-peer” classes are similarly valuable for someone who has or suspects mental illness. CLASSES ARE OFTEN FULL—BE PERSISTENT. YOU MAY BE ABLE GET IN IF SOMEONE FAILS TO ATTEND BY JUST SHOWING UP FIRST CLASS.**

**P.E.R.T. (Psychiatric Emergency Response Team) To access, call:**

Carlsbad Police	(760) 931-2100
Chula Vista Police	(619) 691-5151
El Cajon Police	(619) 579-3311
Escondido Police	(760) 839-4721
La Mesa Police	(619) 667-1400
National City Police	(619) 336-4411
Oceanside Police	(760) 435-4900
San Diego Police	(619) 531-2000
San Diego Sheriff	(858) 565-5200

**OR FOR EMERGENCY 911**

**MAKE SURE IT IS CLEAR THAT YOU WANT THE P.E.R.T. TEAM! P.E.R.T. may not be available every day in every area. If a local team is not available, to find out the nearest available team, call the P.E.R.T. office at 619-276-8112.**

**You may be able to provide information to P.E.R.T. about your loved one prior to an episode. Depending on their schedule, they may be able to meet prior to an incident.**

## RICA

<http://www.recoveryinnovations.org/> Telephone: 602-650-1212 and 1-866-481-5361

Recovery Innovations of California provides recovery-based services to adults with mental health and/or addiction challenges. Recovery Innovations of California also conducts workshops on mental health recovery principles and practices and how to implement them throughout your organization. Headquartered in San Diego, Recovery Innovations of California is a peer-run non-profit organization.

Focus is on wellness to maximize the growth of hope, knowledge, skills, and supports, allowing each person to move forward in their recovery. People discover the pathways to recovery — hope, choice, empowerment, recovery environment, and meaning and purpose — and how to use them to feel better about themselves and develop their own plan for wellness. This is a peer run organization. It provides recovery education classes, workshops and will consult with organizations.

NETWORK OF CARE Mental Health part of San Diego County Public Website

<http://www.networkofcare.org/> On left banner, click Mental/Health and California. On next screen click San Diego

**MISSION:** Provide information on all aspects of mental health

**FUNCTION:** Information on

**1. Services:**

- Mental Health counseling—over 40
- Counseling Approaches—over 50
- Counseling Settings (types of counseling)—over 60
- Mental Health Facilities—over 110
- Outpatient Mental Health Facilities—almost 400
- Support Services—almost 130
- Information Services (not mental health)—almost 10

**2. Library—30,000 articles**

**3. Legislative—tracks bills**

**4. Links to other sites**

**5. Insurance information**

**6. Support and advocacy**

**7. Allows you to set up your own health information folder on line.**

**THE HELP CONNECTION—A Roadmap for Behavioral Health and Services**

**PURPOSE:** To help you navigate the San Diego County Behavioral Health system. It is provided by law enforcement and health related services. Community Health Improvement Partners (CHIP) PROVIDES THE INFORMATION  
Mesa Vista Hospital provides a list of sober living homes

## **MENTAL HEALTH AMERICA**

<http://www.nmha.org/> San Diego phone: 619-543-0412

Claims to be the premier mental health agency, organized for over 100 years, 320 affiliates—largest in U.S.

### **MISSION:**

Organization has mission of "Promoting mental health, preventing mental disorders and achieving victory over mental illness through advocacy, education, research and services." It has a goal to end discrimination and expand access to care.

### **FUNCTIONS:**

Advocates for changes in policy; Educates the public and provides critical information; Delivers urgently needed Programs and Services.

### **Programs and Events:**

The goals of programs are to educate the public, encourage reform and promote the use of effective local and regional prevention and recovery programs.

### **Mental Health America's Public Education Programs:**

Nationally and locally raise awareness that mental illnesses are common, real and treatable.

### **Campaign for America's Mental Health programs and activities include:**

Childhood Depression Awareness Day

Children's Mental Health Matters

Dialogue for Recovery

Live Your Life Well

May Is Mental Health Month

Maternal Depression Guide

National Depression Screening Day

Operation Healthy Reunions

"What Does Gay Mean?"

### **Mental Health America's Annual Meetings**

### **Mental Health America's Advocacy Programs:**

Juvenile Justice Initiative

Get Educated, Get Enrolled

Justice for Death Row Inmates Resource Center

Healthcare Reform Advocacy Training Program

Voter Empowerment

Fall Policy Conference

Healthcare Disparities Multi-State Meeting

## **MENTAL HEALTH AMERICA (Continued)**

### **Mental Health America's Prevention and Recovery Programs:**

**Affordable Housing (Habitat for Humanity partnership)**  
**Blueprint for Responding to Public Mental Health Needs in Times of Crisis**  
**Emergency Response Taskforce**  
**National Consumer Supporter Technical Assistance Center**  
**Invisible Children's Project**

Local chapter website has links to on-line training, has a link to order a directory, program listings and a Talk line.

## **CALIFORNIA BIPOLAR FOUNDATION** **(INTERNATIONAL BIPOLAR FOUNDATION)**

<http://www.internationalbipolarfoundation.org/>

### **MISSION:**

**Eliminate bipolar disorder through the advancement of research, to provide and enhance care and support services for all affected and to erase associated stigma through public information.**

**Emphasis on the “cure” and does not endorse legislation.**

### **FUNCTIONS:**

#### **Education:**

**Mental Health Fair (May)**  
**Bipolar Awareness Day (October)**  
**Curriculum for public school system**  
**Electronic newsletter**  
**Public relations**

#### **Care and Support:**

**Twice monthly day time support group meetings**  
**Monthly evening support group meetings**  
**Summer family picnic**  
**Sibling support group**  
**Mental health courts and training police officers**

**Has a suicide and talk line**

**“Get Help” on website**

**On-line forum**

**Information on website (bipolar education and bipolar research)**

**Chapters in 5 areas in San Diego**