

From: Carla DeFlorio community@dbsalliance.org
Subject: DBSA's New Rural Community Peer Support Groups
Date: April 24, 2023 at 10:19 AM
To: Ronald Avila contactdbsaneworleans@gmail.com



Find Community.
Find Wellness.
Find Hope.™



DBSA is excited to announce new online **Rural Community Peer Support Groups**, designed to be a safe space for those living in rural areas with a mood disorder, such as depression or bipolar.

Recently, a group of nine individuals from rural communities across the United States formed a **Peer Council and met with rural community representatives** to share about the unique challenges of living in a rural area with a mood disorder. Thanks to funding from the Alkermes Inspiration Grant and Otsuka Pharmaceuticals, along with help from our partner, Rural Minds, we recently launched **two weekly online Rural Community Peer Support Groups**. Navigating the stigma, barriers to accessing mental healthcare, and lack of resources and knowledge living in rural communities can add another layer of difficulty to the challenges that already exist when living with a mood disorder.

The groups are 60 minutes long, online, and led by a facilitator from a rural community with lived experience with a mood disorder. Share stories, questions, and concerns with people who understand what you are going through.

Join us on [Mondays at 7PM CDT](#) or [Wednesdays at 6PM CDT](#).

To register, [create an account with Hey Peers](#), and then click “register.”

Register for Hey Peers



Contribute

55 E Jackson Blvd, Suite 490 | Chicago, IL 60604 | (800) 826-3632

[Privacy Policy](#) | [Terms of Use](#) | [Chapter Management](#)

If you believe you received this message in error or wish to no longer receive email from us, please [unsubscribe](#).