



The Initiative

Depression and Bipolar Support Alliance

Newsletter of the Depression and Bipolar Support Alliance of Colorado Springs, CO - Vol. 24, No. 3 – Fall 2018

Colorado Springs Chapter

Bipolar Disorder and Maintaining Relationships

Sheriff's Office Launches New Behavioral Health Connect Program (BHCON)

This past July, the El Paso County Sheriff's Office deployed an inaugural co-responder, patrol unit called the Behavioral Health Connect Unit or BHCON (pronounced Beacon). It was previously named Project CURB. The BHCON unit pairs an El Paso County Sheriff's Deputy with a Licensed Behavioral Health Clinician from UC Health's Memorial Hospital to respond to emergency calls determined to have a behavioral health issue as a primary driver.

The BHCON program is fully funded by a grant from the Colorado Department of Human Services (CDHS) and will be a five-year pilot comprised of a partnership between the El Paso County Sheriff's Office, the El Paso County Department of Health and UC Health. The unit is assigned to unincorporated regions of El Paso County.

BHCON goals include:

- Prevent unnecessary incarceration and/or hospitalization of mentally ill individuals
- Promote alternate care in the least restrictive environment through a coordinated system wide approach
- Prevent duplication of mental health services
- Provide increased training to deputies on improved law enforcement responses to behavioral health calls
- Promote an information campaign for families, friends, neighbors and communities about the Sheriff's commitment to providing a consolidated response to our citizens in crisis and the resources available
- Provide not only response, but follow-up, to insure a continuum of care and access to resources

"Addressing mental health issues is a priority for the El Paso County Sheriff's Office. Mental health issues affect every aspect of law enforcement from encounters on the street through to incarceration. I am committed to making sure our workforce is well prepared to respond and deal with this segment of our population."

~Sheriff Bill Elder

Source: www.epcsheriffsoffice.com/news-releases/sheriff-s-office-launches-new-behavioral-health-connect-program-bhcon

Mental Health Fairs: Raising Awareness— Making a Difference



Pictured left to right: Taylor Mortensen, Bridget Ballard-Cummins, and Rhonda Kreiger

DBSA Colorado Springs was among many other mental health organizations that took part in the Healing Our Youth (HOY) mental health fair held on September 18th at Sand Creek High School.

Little did any of us know that the fair would have the impact it had on one high school student who happened to be there that day with her mother.

It was by hearing what guest speakers had to say about teen depression and suicide that she realized that what she'd seen written in a fellow classmate's notebook two weeks earlier about a plot to shoot her classmates was a red flag not to be ignored.

Overcoming her fear of making a report of what she'd seen

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So You Want to Volunteer!

No Experience? - That's OK! - Will Train!

- **Leadership and Governance:** Develop, chart, and oversee Chapter goals!
- **Support Group Facilitator & Facilitator Back-up !**
- **Resource Center Staff:** Great opportunity to expand your knowledge while helping others! (see article on page 1)
- **Newsletter:** Original contributions welcomed!
- **Community Outreach:** Help open the door to those seeking the kind of support we have to offer!
- **PR & Media Committee:** Help get the word out about who we are, upcoming special events, and activities. Enhance our social networking!

For more information call 719-477-1515 today!

2018 DBSA Colorado Springs Board of Directors

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*"We've been there...
...We can help."*

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DBSA-CS Board meetings are open to all. For information about times and location, call DBSA-CS, 719- 477-1515.

Non-Discrimination Policy

Depression and Bipolar Support Alliance (DBSA)
of Colorado Springs

DBSA Colorado Springs does not discriminate in any inappropriate or illegal basis including, but not limited to: race, creed, economic status, color, religion, national origin, gender, age, disability (physical or mental handicap), veteran status, marital status, sexual orientation, or gender identity.

WHERE TO FIND HELP:

DBSA Colorado Springs	719-477-1515
Health & Human Services Referral & Information	211
Colorado Crisis & Suicide Hotline	844-493-8255
AspenPointe Mental Health Crisis Response	719-635-7000

Free Educational Program:

**"Teen Depression Awareness
and Suicide Prevention"**

Available to Local Schools!



For information about the DBSA Colorado Springs
***Teen Depression Awareness and Suicide
Prevention Program***
and to schedule a presentation at your school,
please contact
DBSA Colorado Springs at 477-1515, or by
email: help@dbsacoloradosprings.org

Serving the Community since 1994

Founded in 1994, the Depression and Bipolar Support Alliance of Colorado Springs is a 501(c)(3) nonprofit, all-volunteer organization, independent affiliate of DBSA, the nation's leading patient-directed organization focusing on the most prevalent mental illnesses.

***Our Mission: To improve the lives of people
living with mood disorders.***

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On the web at: www.DBSAColoradoSprings.org

Phone: 719-477-1515

E-mail: help@DBSAColoradoSprings.org

Editor: Karen Fallahi

I'd love to hear from you!

SEND YOUR ENTRIES TO ADDRESS ABOVE.
DEADLINE FOR NEXT NEWSLETTER ITEMS:

December 14, 2018

*Views and opinions expressed are solely those of the authors,
and not those of DBSA Colorado Springs.*

Bipolar & Relationships: My Partner in Recovery

By Melody Moezzi - January 1, 2017

When you and your partner share love, respect, gratitude, friendship, honesty, laughter, and faith, you can face anything—even the challenges of bipolar

I met my husband in 1997. He was 19, I was 18, and the Internet was barely a thing. Neither of us had a cell phone or an online dating profile. There was no swiping right or left. There was only invested, real-life, emoji-less conversation. We spent three years talking—in person, by phone, via letters with stamps—before we ever began dating, and by the time we finally did become a couple, we were both already in love.

I was never one of those girls who fantasized about her wedding day. Rather, I fantasized about traveling the world, writing books, and prosecuting war criminals. In short, marriage was never a goal of mine. Nonetheless, I'd stumbled upon a man whom I loved more than anyone I'd ever met, and I wanted to spend the rest of my life with him. So I went for it, and in 2002 we got married.

At the time, neither Matthew nor I had any idea that I had bipolar disorder. It wasn't until six years into our marriage, after an acute manic episode and a psychotic break, that I was finally diagnosed with bipolar I.

Looking back, it's clear to both of us that I had been struggling with this illness for more than a decade. But apart from some mildly debilitating bouts of depression, I had also managed to remain relatively high-functioning during those same years: to graduate law school, pass the bar exam, earn a master's in public health, publish my first book, make friends, hold down jobs, and maintain strong and healthy relationships that whole time.

But mania and psychosis hit me hard. I'd never before experienced delusions, but while manic, my mind tricked me into believing that I could fly, that I'd won the lottery, and that I was a prophet. For the first time in my life, I had truly—and, some feared, irretrievably—lost my mind.

But Matthew had faith that I could come back from this. A researcher and statistician by trade, he is the most intelligent, rational, and curious person I know. So, true to form, he studied up, refusing to reduce me to a pile of symptoms. The more he learned about bipolar disorder, the more he was able to separate me from a diagnosis that, while valid, did not and could not define me. Matthew's unshakable faith in my ability to battle adversity helped me travel the road to recovery. He dragged me to my first Depression and Bipolar Support Alliance (DBSA) group, for example, shortly after I was released

from the hospital. When I asked why he wanted to go so badly, he replied, "The data are fantastic!" He showed me journal articles, full of charts and graphs, and I agreed to go—not because of the data, but because of him.

Matthew had stood beside me through this horrible ordeal, and I figured that going to a few support groups was the least I could do for him. But those meetings did more for me than I had ever imagined they could. In fact, they helped save my life, proving to me not only that I wasn't alone, but that I was in good company, brimming with invaluable hard-won wisdom. Thanks to Matthew's tireless encouragement, I landed in a place where I could learn from others' mistakes and successes in order to avoid and create my own. Suddenly, recovery felt possible.

Matthew and I have now known each other for more than half our lives, recently celebrating our 14th wedding anniversary. While every marriage is different, I have learned a few things over the years about what makes a marriage work, especially in the face of chronic illness.

For us, it's about love, respect, gratitude, friendship, honesty, laughter, and faith. Because we believe in each other—especially when one of us isn't able to believe in her— or himself—we've managed to face life's adventures and challenges, including bipolar disorder, as a unified front. At times, his belief in me has been the one thing to get me believing in myself again—and the same has been true for him. Whether it's a spouse, a sibling, a friend, or a parent, having someone who believes in you can make all the difference when it comes to recovery. It has for me.

Source: www.bphope.com/bipolar-relationships-my-partner-in-recovery/



Letting Go of the Past to Celebrate Present Accomplishments—Both Big & Small

By Beth Brownsberger Mader

You deserve to feel good about yourself and your accomplishments.

“So, uh, you gotta tell me what you wanna do,” my husband said to me for, like, the billionth time in the past six months, “because time’s a-wastin’, baby.”

I cringed. Of course I did. I’m turning 50 in a few weeks, and a couple of weeks after that, our 20th wedding anniversary arrives. Two big milestones come one right after the other, and I’m not quite celebrating. It’s not because I have any problem with middle age; honestly, I have little problem with hitting the half-century mark, apart from the encroaching body aches. And the fact that our marriage is two decades in the making is a good thing—remarkably, we have yet to run for the hills using separate trails.

I’m not celebrating because I have yet to figure out how to. Reveling in the big things is difficult for me as a result of bipolar and other mental disorders. Rejoicing over any success or accomplishment has always been a challenge for me, because I always questioned whether I deserved it—or sometimes, if what I supposedly achieved was even real. My brain seems to play tricks, on both sides of the spectrum, keeping my sense of what is worth jubilation as unstable as my moods.

It’s also due to the trauma of mental illness. There have been far too many occasions in the past when a time for joy arrived and I was not able to participate as I wanted, or worse, as others expected, because I was sick, getting sick, or prompted into poor behavior by some unrecognized trigger.

I’ve been living in fear of celebrating the big things, because I allow the fear of what’s happened in the past to determine how I’ll design my future.

I remember in high school, during my first major depression, when I was known among all the kids as the “artist.” I didn’t think I deserved to win an art scholarship, so I simply didn’t apply; I told my parents that another girl needed the money more. A few years later, still depressed, and with my bipolar undiagnosed, I hurt my sister deeply when at her graduation party I went into a rage over some stupid car key thing and smashed a plate against a wall. When my dad forgot the film at my college graduation, I didn’t allow myself to be disappointed that we’d have no photos of the ceremony because, in my mind, the fact that I was graduating near the top of my class from a prestigious school was not completely real to me. I took that

concept so far as to not hire a photographer for my own wedding—why take those photos either, if I questioned the value of my own existence? From that point on, I’ve been truly proud of very little, and holidays, festivities, and even backyard barbecues go unplanned. And now, when I can’t remember my milestone fortieth birthday, it’s because I made sure it wasn’t worth remembering.

Enough is enough; it’s time to lighten up. My life is worth more than simply persisting from one breath to the next, waiting only for the next mood, the next thing to endure or cope with. I realize I’ve been living in fear of celebrating the big things, because I allow the fear of what’s happened in the past to determine how I’ll design my future. My life is real; what I do, dream about, and then go out and accomplish is true. I am an artist. I am a writer. It’s precisely because of what I have done in the past that I am able to say that now.

The fact that I am 50 years old, alive, and doing pretty well coping with mental health issues is a remarkable achievement. I can put my hand on my chest and feel my heart beating, strong and steady. The fact that my husband and I have been married for 20 years is also a feat worth celebrating, especially considering the challenges my illness can put on the relationship. I know how to hold him, and he me, and that is tangible.

I’m nervous about trying out this celebrating-the-big-things thing. But I think if I can manage bipolar, I can manage to set aside some time to rejoice a little.

I turned to my husband and said, “I want to watch the sunrise with you, baby. If we can get a photo of us sitting overlooking a canyon, with the dog next to us, all the better.”

Source: www.bphope.com/on-second-thought-celebrating-the-big-things/ Printed as “On Second Thought: Celebrating the big things”, Summer 2016

“The greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being.”

— Tenzin Gyatso

How to Be Depressed and Not Lose Your Marriage

By Heather Gray

Heather Gray shares 7 straightforward strategies to keep your marriage alive in spite of depression.

Being depressed and married can feel like a suffocating prison. You're miserable, maybe angry, and wholly unmotivated to do anything or connect with anyone. The person you love most in the world is staring at you with that look on her face. She may have tears in her eyes as she silently (or loudly!) pleads with you to please come back.

You. Just. Can't. Do. It. Anymore. There she sits. Just waiting for you. Waiting for you to do better. Waiting for you to be better.

There's no way of explaining yourself. You love her, yes, but date night has no appeal. Simply leaving the house might sound like a hellish idea. Conversations are stilted and painful. You'll do anything to avoid that awkward silence that hits the moment the lights go out as you two settle for bed. Maybe you'll avoid going to bed at the same time. Another disconnect.

It's like you've become a bigger failure and have sunk into a deeper hole with the mere flip of a light switch. You know you're depressed. On top of it, all you feel, see, and hear is her disappointment, worry, anger, or resentment.

Here's the thing, guys: She only seems to be directing all of her anger, sadness, and disappointment at you because she doesn't understand and she's desperate to. She wants to reach out and comfort you but she doesn't know how. When nurturance and patience don't work, she'll resort to picking fights just to get a reaction out of you. Sometimes, she'll just quietly go away.

You see, when women don't understand the changes in their husbands, they create stories in their heads about what's going on and they imagine all kinds of awful things. They might think of you as selfish. They may feel you've abandoned them. They wonder if your moodiness means something's wrong with them. They imagine another woman in your life. They fear you've lost interest in them.

Their inability to comfort you feels like their own personal failure. They read your distance as abandonment, even though you are likely keeping your distance to protect them and spare them from this darkness lurking in you. They don't know or understand that you are sick and tired of feeling sick and tired.

You either go radio silent or react with defensiveness. You experience their hurt and confusion as an attack. You don't feel supported and end up feeling more isolated.

Untreated depression erodes relationships, breaks down families, and wrecks marriages.

One or both of you starts to shut down, act out, and/or disengage. What started out as your depression has become a marital crisis and you don't know how you got here.

You love your wife and want to protect her from your pain and darkness but your energy is zapped and you don't feel capable of all that much. That's ok. We're going to take this a few steps at a time.

Now, here's where to start:

You Don't Have to Talk About It But You Have to Talk. When women are depressed, they usually can tell you why. They can name all of their stressors, thoughts, and feelings. Depression is different in men. It's more like a dead weight that just presses down on your shoulders. You don't know where it came from or why it's there. Your wife can ask you a thousand times and in several different ways "What's wrong?" and it can be totally true and accurate when you say "Nothing" or "I don't know". She'll be confused, of course, because she can't relate to that. To not wreck your marriage, you have to give her a little bit more. You have to give up on the notion of protecting her from your pain. There's just no way of doing that and keep your marriage intact.

Acknowledge that you know your mood has shifted. She's not crazy and it's not in her imagination but remember, when you don't offer an explanation, she makes up stories. You can say something like "I know I haven't been myself lately. I haven't felt much like talking. Not sure what's going on, really."

Reassure her that the problem isn't her. Unless you say these words out loud, she has no way of knowing that and she will assume the problem is her. If you suspect or know that some of your sadness is coming from dissatisfaction in your relationship, you'll have to say something at some point. Until then, you can say something like "I haven't figured out all of the pieces yet but when I do, we'll talk."

Validate her experience. You know it wouldn't be easy bearing witness to her depression. No one wants to see their loved one in pain. If you validate her experience, you are staying connected to her. You can simply say something like: "I know it isn't easy to be around me these days. It's hard to be around someone who isn't happy."

Love your wife (and yourself!) enough to take care of yourself. Depression robs you of energy and kills your motivation. You don't feel like yourself and that can make you feel embarrassed or ashamed. You don't understand what's going on with you. You just feel uncomfortable in your own skin. If you can't explain

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this to yourself, how do you explain it to someone else? You're never going to want to but you have to try. See your doctor. Explain what's going on as best you can. There may very well be a medical reason for the shift in your mood or energy and it's important to rule that out. Depression literally depresses your body systems so you're going to need more sleep. Take it but no more than an extra hour and a half. Drink plenty of water. Depression can be dehydrating. Remember that alcohol is a depressant and try to keep an eye on how much you're consuming.

Addressing your depression is non-negotiable. Let's face it. Anything I suggest here, you're not going to want to do. That, after all, is the whole problem! You're not going to want to do anything, but you have to try anyway. Depression is like a cancer that is hitting you and your family. If you had cancer, you'd have to treat it. Untreated depression erodes relationships, breaks down families, and wrecks marriages. Consider therapy. Try exercising, even though you're not in the mood. If talking about it is too painful, write about it. If you're the creative type, maybe start a project. Try reading other men's blogs about their journey with depression. Solutions aren't one size fits all. Find the one that works for you, but you need a plan to beat this thing. It won't go away on its own.

Do what you can. Acknowledge what you can't. Your depression makes it hard for you to know what you need and it's even harder to express those needs. You may need to numb out for a while. You may need to disconnect with the internet, video games, television, or sports. That's fine and understandable. However, you have to include your wife in this. If you don't, she goes off and running with her stories and gets mad that you've just checked out. You have to say something like "I know we usually do something together on Saturday mornings but I'm just not feeling it. I just need some time to myself for a little while. Can we maybe just meet up for lunch?" If you check in on needs, and set end times, it will be easier for your wife to meet your needs. It's the total numbing out for hours and hours without explanation or consideration of her that damages your relationship.

With just these few first steps, you are already preserving your marriage. You know there are more steps to follow. That's ok.

You've got this.

Source: www.goodmenproject.com/featured-content/how-to-be-depressed-and-not-wreck-your-marriage-bmartin/

and recognizing her classmate was in need of professional help, she disclosed her concern to one of her teachers the very next day. By having the courage to do so she helped avert what could possibly have resulted in a tragic outcome.

Every bit of knowledge; every piece of information shared and handed out at health fairs like that at Sand Creek High School, is geared toward raising awareness as to the seriousness of teen depression and the importance of early intervention and professional help.

DBSA Colorado Springs is committed to ongoing collaboration and partnership with other like-minded organizations dedicated to bringing about positive change in our community through participation in mental health fairs held throughout the year.

As Amy Gessler, MD, president, *Healing Our Youth: Get Educated!*, (www.healingouryouth.org) said in reference to the Sand Creek High School Health Fair held September 18th, "We are all making a HUGE difference in our community. Keep up the great work everybody!..."

Following is a list of upcoming health fairs we hope you will share with family and friends and plan to attend yourself. You can be sure DBSA-CS will be there, so stop by to say Hello!

Lewis-Palmer School District's Wellness Expo

Monday, October 1 5:30PM – 8:00PM
Lewis-Palmer High School 1300 Highby Road, Monument

NAMI No More Secrets event – focus on mental health awareness in underserved local communities.

Friday & Saturday, October 5 & 6
Antlers Hotel – Keynote Speakers & breakout sessions

Mission Medical – 9Health Fair

Saturday, October 6 8:00AM – 12:00 noon
2125 East La Salle Street – near Union between Palmer Park & Constitution

45th Annual Winter Symposium – Addictive Disorders, Mental Health and Behavioral Health

Sunday, January 27, 2019 through Wednesday, January 30, 2019
Hotel Elegante, 2886 S Circle Dr, 80906

Mental Health Association of Pueblo – Monthly Lunch & Learn

Wednesday, February 13, 2019 – 11:30AM to 1:00PM
Crossroads' Recovery — details forthcoming

ANNOUNCEMENTS, *Special* EVENTS & *Other* ACTIVITIES

Upcoming Free Social Activities!

Annual Halloween Pizza Party

Saturday, October 27, 2018

6:30pm – 8:30pm, Hillside Community Center
DBSA providing pizza, salad, & drinks

And.....

Annual December Holiday Party

Saturday, December 15, 2018

6:30pm – 8:30pm, Hillside Community Center
White Elephant Gift Exchange – Dessert Potluck

All DBSA folks, family, & friends invited!
For more details, call 719-477-1515

Wow!! Did You Know About This?

Did you know that DBSA Colorado Springs has a unique **AmazonSmile link** that makes it easier for you to find and support our organization? DBSA-CS will receive a contribution from Amazon of 0.5% of your purchases.

Think Christmas, Weddings,
Birthdays and
Special Anniversaries



What is our organization's unique link? Here it is:

smile.amazon.com/ch/84-1305365

Where can I go During the Cold Wintry Months?

- 1) **Visit the Fine Arts Museum**, 30 W. Dale Street. **Two free admission days every month:** 3rd *Fridays* and 2nd *Saturdays*, 10:00 AM—7:30 PM.
- 2) **Come on over to DBSA-CS**, 2132 E. Bijou Street, Tuesday, Wednesday, and Thursday, between the hours of 10:00 AM and 3:00 PM. We have a great library you can relax in while reading a book or magazine. We also have an "Activities Room" full of hobby ideas and board games.



DBSA-CS Pueblo Adults Support Group

Open to all adults (including young adults 18 and older, and seniors)

Mondays

7:15 pm—8:30 pm

Parkview Chemical
Dependency Unit

58 Club Manor Drive
Pueblo, CO

For directions call
Parkview CDU, 719-595-7891

DBSA-CS Hospital Visitation Program

How about volunteering 35-45 minutes just once or twice a month visiting with outpatients at a local psychiatric hospital; letting them know about DBSA, the free self-help support groups we offer, and other mental health resources in the community?

You may be the very person to open the door of hope and recovery to someone who could benefit from what DBSA has to offer!

To find out how you can volunteer, call 719-477-1515, or email help@DBSAColoradoSprings.org.



DBSA COLORADO SPRINGS and PUEBLO SUPPORT GROUPS MEETING LOCATIONS & SCHEDULES

The following Groups meet at DBSA Colorado Springs,
2132 E. Bijou St., Suite 112.

Veterans Group: open to active, retired, & former military with mood disorders, having served any amount of time — regardless of discharge. Meets 7:00 PM, Mondays

Women's Morning Group: for women with mood disorders. Meets 11:30 AM, Tuesdays

Young Adults & Teens Group: for those 15-26 with mood disorders. Meets 7:00 PM, Tuesdays, Room 233 Upstairs. **Note: Release of Liability required for teens under the age of 18.**

Family & Friends Group: for family, friends, husbands, wives of people with mood disorders. Meets 7:00 PM, Tuesdays

Adults Evening Group: for adults 18 and over with mood disorders. Meets 7:00 PM, Wednesdays

Adults Dual Diagnosis Group: for adults with mood disorders and substance abuse issues. Meets 7:00 PM, Room 233, Upstairs, Wednesdays

Adults Afternoon Group: for adults 18 and over with mood disorders. Meets 1:00 PM, Fridays

The following Group meets in the John and Catherine Smith Room, Senior Center, 1514 North Hancock.

Later Life Group: for older adults with depression or bipolar disorder. Meets 12:30 PM, Wednesdays

The following Groups meet at St. Francis Medical Center,
southwest of Woodmen & Powers Blvd.

Adults Evening Group: for adults 18 and over with mood disorders. Meets 7:00 PM, Meeting Room 4, Wednesdays

Young Adults & Teens Group: Ages 15-25 with mood disorders. Meets 7:00 PM, Meeting Room 5, Mondays. **Note: Release of Liability required for teens under 18.**

The following Group meets at Parkview Chemical Dependency Unit, 58 Club Manor Dr., Pueblo, CO

Adults Evening Group: for adults 18 and over with mood disorders, 7:15 PM, Mondays

Other Local Support Groups of Interest

NAMI Colorado Springs. Free support groups for family members & Peers; educational classes. For times & locations: 719-473-8477 or www.NAMIColoradoSprings.org

FOV (Finding Our Voices) Support Group for Men and Women Survivors of Sexual Assault. Healing art activities for sexual assault survivors. For more information, times, and locations call 719-636-5065. Online at: www.FindingOurVoicesCS.org

Suicide Prevention Partnership: Free Support Groups for adults and adolescents who have thoughts or actions toward suicide; groups for children left behind by suicide, and for family members of attempters. For more information about these groups, please call 719-573-7447. Information is also online at www.pikespeaksuicideprevention.org.

For more information about these groups and other local resources, please visit our website, www.DBSAColoradoSprings.org, or call DBSA Colorado Springs, 719-477-1515, or contact us by email: help@DBSAColoradoSprings.org

DBSA Colorado Springs Membership & Donor Information Form

Please use this form to become a contributing member of DBSA Colorado Springs, or to renew your membership, or to change your contact information, or to make a donation in any amount.

Dues Individual - \$20 Family - \$35 Professional - \$75 Corporate - \$150

Check All New Member (12 month membership) Renewing Member Donation \$ _____

That Apply Change of Name, Address, Phone, or e-mail I would also like to volunteer my time and/or services

I'd like to receive The Initiative Quarterly Newsletter by: Email US Mail

NAME _____ Date _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

TOTAL ENCLOSED \$ _____ IN MEMORY/HONOR OF _____

Please make your check payable to DBSA Colorado Springs and mail it to:
DBSA Colorado Springs, 2132 E. Bijou St., Suite 112, Colorado Springs CO 80909
Donations may also be made through PayPal at www.DBSAColoradoSprings.org/Donations

All donations are tax deductible as provided by law. DBSA Colorado Springs does not share its membership list.