

GET IN TOUCH NOW

For additional information about our free self-help support groups, social activities, and educational resources, please reach out to us.

Phone: (719) 477-1515

Email: help@DBSAColoradoSprings.org

Website: DBSAColoradoSprings.org

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I've overcome the challenges of living with a mood disorder with the help of DBSA support groups. Attendances at these meetings helped me to release my shame and combat stigma.

From attendee to facilitator to chapter president, my journey with DBSA transformed me. Now a certified peer support professional, I train others, sharing the message that recovery is possible.



RHONDA GREDER
DBSA Colorado Springs

ABOUT US

Founded in 1994, The Depression and Bipolar Support Alliance (DBSA) of Colorado Springs is a 501(c)(3) nonprofit organization dedicated to providing support, education, and resources for individuals living with mood disorders, including depression and bipolar disorder.

Our Beginning

Established by Karen Fallahi in honor of her son Erik, who battled bipolar disorder, DBSA-CS has expanded from four attendees to overseeing 11 free support groups for people living with mood disorders.



Our Vision

DBSA Colorado Springs envisions a future where all people living with mood disorders thrive in a supportive community of understanding and resilience.

Our Mission

Enrich the lives of people living with mood disorders through innovative peer programs, impactful education, and collaborative partnerships.

Our Values

Peer Focus: We prioritize shared experiences, fostering an environment where individuals inspire and uplift one another.

Acceptance: In our inclusive space, we celebrate diversity, championing understanding, respect, and appreciation for all perspectives.

Freedom: We ensure free universal access to our services, eliminating financial barriers and enabling everyone to participate in their well-being journey.

Updated Mar30, 2026



Depression and Bipolar
Support Alliance

Find Community.
Find Wellness.
Find Hope.™

SIGNS OF A MOOD DISORDER

Recognizing signs of mood disorders is crucial for early intervention. Stay vigilant, acknowledge the signs, and take proactive steps for your mental health.

Depression

- Persistent Sadness
- Emotional Disconnection
- Social Withdrawal
- Cognitive Challenges
- Sleep Disturbances
- Suicidal Thoughts

Mania

- Elevated mood and energy levels
- Engaging in risky behaviors
- Rapid thoughts and impulsivity
- Reduced need for sleep
- Increased irritability
- Difficulty in interpersonal relationships

RISK FACTORS

- Family history of mood disorders
- Distinct genetic predispositions
- Exposure to trauma or stressful life events
- Excessive use of drugs or alcohol



FIND THE RIGHT SUPPORT GROUP FOR YOU!

In-Person Support Groups

Teen and Young Adult Group

Tuesdays at 7:00 pm
The Sanctuary Church
1930 W Colorado Ave, 80904

Family and Friends Group

Tuesdays at 7:00 pm
The Sanctuary Church
1930 W Colorado Ave, 80904

Adult Groups

Thursdays at 7:00 pm
DBSA-CS office
Conference Room (upstairs)
5525 Erindale Drive, 80918

Senior Group Wednesdays at 12:30

Colorado Springs Senior Center,
1514 N Hancock Ave, 80904

Women's Group Tuesdays at 11:30 am

First Lutheran Church, Peel House
1515 N Cascade Ave, 80907

Dual Diagnosis Group

Mondays at 6:00 pm
Sunrise Counseling and Wellness
5455 N Union Blvd, 80918

Veteran's Group

Tuesdays at 7:00 pm
Mt. Carmel Veterans Service Center
530 Communication Circle, 80904



Virtual Support Groups

LGBTIQA+ Adults

Thursdays at 7:00 pm
Call/Text 719-477-1515 for link

Faith Based Adult Group

7:00 pm 1st & 3rd Mondays
Visit DBSADenver.org to learn more



SERVICES WE PROVIDE

- Peer and Family Support Groups
- Education and Awareness Programs
- Teen Suicide Prevention
- Patient outreach in Behavioral Health Hospitals

COMMUNITY INVOLVEMENT

- Health and Diversity Fairs
- Brain Awareness Week
- Winter Symposium
- Wellness Walk
- Silver Key's Senior Summit
- Seasonal Social Activities