



Depression and Bipolar
Support Alliance
Metro Detroit

DBSA METRO DETROIT PRESENTS:

Coping with Mental Illness *A Unique Educational Mini-Conference*

Panel Discussion with 4 DBSA members addressing the most important issues facing people with Mood Disorders!

Some Topics Include:

- *Employment/School
- *Family/Friends
- *Suicide/Crisis Planning
- *Treatment
- *Dual Diagnosis
- *Money

Some Questions To Be Discussed:

- *How do I deal with family members/friends who don't accept my mental illness?
- *When do I tell someone I have a mood disorder?
- *How do I cope with suicidal thoughts in myself and others?
- *How do I handle having both a mood disorder and addiction?
- *How do I deal with the side effects of medication?

Where: Royal Oak Beaumont Hospital Administration Building Auditorium (Same Building as 4th Monday Mixers, 1st floor). Come in from the furthest 13 Mile Rd. entrance West of Woodward. The sign says, "Staff/Receiving." Call Beaumont Hospital at (248) 551-5000 for directions.

When: Saturday, November 20, 2010

Time: 1-4 PM

Admission: \$5 (You will also be entered into a drawing for one of two \$100 gift cards)

Other: Refreshments will be provided

For More Info Call:

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