

Yes, you can
feel better.

They sure do!

I no longer am ashamed of my diagnosis of bipolar disorder. I really love the support of being around people who have been through the same thing. Just knowing that I am not alone in my struggles has helped me to work from denial into acceptance, which will help me receive and take treatment. – *Sarah*

Depression Connection has been my most important tool in treating my depression. This has been through the support of the group and the guidance of the leader. – *John*

The people in group have been so warm and welcoming to me even when it was really difficult for me to ever walk into the room. I am now amazed at what I am able to share with them. – *Courtney*

I've learned to share my thoughts and feelings – both good and bad and to express my anger. I appreciated the honesty of the members. This place is safe and the people are not critical. – *Betty*

The connections I've made with other participants are priceless. This program has given me what therapy never could, real people who I now interact with on a daily basis. We are all in different phases of recovery, but share one important goal...to get better.– *Jennifer*

SOME NAMES HAVE BEEN CHANGED.

Depression Connection

a place to gain
understanding,
get help and...
find hope

Rev. Tony Campbell
Executive Director
tony@depressionconnection.org

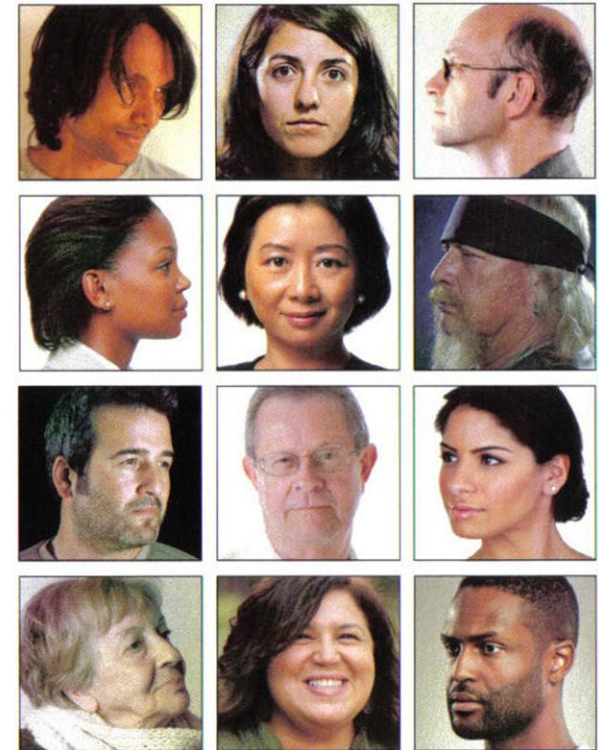
Sherrie Caraway
Administrator

Rev. Henry Radde
Chairperson,
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Depression Connection Team
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www.depressionconnection.org



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Founded in 2000 to
benefit individuals,
families and the
community, the
Depression Connection
Team provides
consultation, support
and educational
outreach programs
concerning mental
health.

Our commitment is to
alleviate the mental
anguish of individuals
suffering from a disorder
and provide relief for
their families.

Consultation.

We provide confidential consultations and peer assistance via telephone and office meetings. The purpose of these private visits is to connect individuals and families to reliable resources within the community.

Support.

No one should suffer alone. Individuals with depression, bipolar disorder or another mental illness are more likely to stay in recovery when participating in small support groups comprised of peers. They are less likely to need emergency hospitalization and more likely to hold a job. Attendance at our peer support groups is FREE.

Recovery.

We help individuals develop a personal plan that aids in their recovery and maintains wellness.

Education.

We know reliable information combats the stigma associated with mental illness. Therefore, part of our mission is to inform. We talk to community organizations, churches and businesses. Our presentations on depression, bipolar disorder, anxiety disorder and related conditions not only teach what helps, but provide valuable information for what hurts.

"Depression education is for everyone. We learn better ways of feeling and thinking about depression, new ways to understand and help others, and reliable ways to feel better."

— Tony Campbell, Executive Director
Depression Connection Team

FREE Depression/Bipolar Support Groups

A Collaboration with MHMR of Tarrant County

Join NOW by calling

817-810-9599

or email: tony@depressionconnection.org

Yes you can feel better!

Monday

Fort Worth • 6:30 - 8:00 PM
Hurst • 6:30 - 8:00 PM

Tuesday

Fort Worth • 6:00 - 7:30 PM
Fort Worth Southeast • 7:00 - 8:30 PM
(Campus Drive area)
Grapevine • 6:30 - 8:00 PM

Wednesday

Arlington • 5:00 - 6:30 PM
Fort Worth Northside • 10:30 AM - NOON
(Spanish Language for Women)
Fort Worth • 6:00 - 7:30 PM

Thursday

Arlington • 6:30 - 8:00 PM
Fort Worth • 7:00 - 8:30 PM

Gain Understanding, Help and Hope

Learn What Hurts and What Helps
Support Groups Can Help

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