

TO THE PERSON WHO DOESN'T THINK THEY MATTER...

Don't underestimate your importance. You matter more than you know. Every small act of kindness, every step of personal growth, every display of strength creates a ripple effect. One genuine smile is enough to transform someone's day and initiate a cascade of life-altering positive connections.

- you -
MATTER



Depression and Bipolar
Support Alliance

West Virginia
State Organization

WE'VE BEEN THERE. WE CAN HELP.

Brought to you by the Depression and Bipolar Support Alliance of WV.
For mood disorder support groups, visit DBSAWV.org or call 304-241-1862

