

We believe an appropriate philosophy of life includes what's commonly called The Golden Rule. It may seem easy and simplistic, but in actual practice it is a very highly effective and self-affirming approach to all life relationships and circumstances:

The Golden Rule

Christianity: All things whatsoever ye would that men should do to you, do ye even so to them.

Hinduism: This is the sum of duty: do naught unto others which would cause you pain if done to you.

Taoism: Regard your neighbor's gain as your own gain, and your neighbor's loss as your own loss.

Confucius: Do not unto others what you would not have them do unto you.

Buddhism: Hurt not others in ways that you yourself would find hurtful.

Judaism: What is hateful to you, do not to your fellow man. That is the entire law, all the rest is commentary.

Islam: No one of you is a believer until he desires for his brother that which he desires for himself.

Zoroastrianism: That nature alone is good which refrains from doing unto another whatsoever is not good for itself.

DPA: Whenever we help another person, we are also truly helping ourselves.

Did You Know?

Anyone regardless of age, gender, race, or socio-economic status, can suffer from depression. It is estimated that more than 19 million American adults suffer from depression each year. Depression is not a weakness or a character flaw – it is a real medical illness. The good news is that, with proper treatment, 4 out of 5 people will improve.

Depression's annual toll on U.S. businesses amount to approximately 70 billion dollars in expenses and lost productivity.

Depression is the primary cause of over two-thirds of the more than 30,000 suicides in the U.S. each year. It is estimated another 1,000,000 people either plan or attempt suicide each year.

For every 2 homicides in the U.S., there are 3 suicides.

If you or anyone you know is suffering from depression, please seek help. To get started call a local mental health professional or treatment center or visit one or more of the following excellent websites:

American Psychological Association (APA)

The APA is the world's largest association of psychologists. The site includes books, articles, research findings, etc.

American Foundation for Suicide Prevention (AFSP)

The AFSP funds research, education, and programs to treat depression and prevent suicide. Includes facts, danger signals, advice, etc.

Depression and Bipolar Support Alliance (DBSA)

The DBSA provides education about the nature and management of Bipolar Disorder.

National Alliance on Mental Illness (NAMI)

NAMI is a grassroots self-help support and advocacy organization for people with mental illness or emotional distress issues.

You can contact Depressed Persons Anonymous (DPA) at: oldorv@comcast.net

DPA

Depressed Persons Anonymous

DPA is an independent self-governing free organization dedicated to the proposition that one depressed person can help another; and many together can help many more.

We believe it is properly within the natural order of human life that each person's first and foremost goal is their own well being. After survival itself, the primary goal of each person is to be happy. Therein lays the ultimate challenge in determining whether or not an individual's life can be considered "successful." Are you happy? If not, are you depressed?



Let Your New Sunrise Begin...

DPA - Our Goal and Hope

If you are depressed, we want to be of service. We believe that a gathering together of troubled persons like ourselves can offer hope, a reduction in the burden and loneliness of depression, and often enhance our chances to return to a full and happy life. In a safe, private, anonymous setting, we can speak our deepest grief, fear, feelings, faults, traumas, guilt, opinions, self criticisms, secret shame and any self-image we may have of inferiority and worthlessness. We can honestly and openly reveal just how badly we really feel. When we can communicate in this way openly and honestly, directly to others who also suffer, and we see that they truly do hear and understand us and still choose to fully accept us as we are; there is some relief. We need to see that another person hears us and chooses to fully accept us just as we are. We believe there is potential for great healing in such a transaction. We need not walk our sad journey alone. We believe this process helps open an "inner space" where healing can begin; a new sunrise of hope.

We in turn will listen without judgement or prejudice to the stories of others present as they unburden themselves and express their troubles; their anguish and dread and sorrows and fears. We in turn let each speaker know we hear what they are saying, they are safe in expressing themselves fully, and we are happy to accept them, without criticism, just as they are. We believe in all this there is very often a great feeling of relief and renewed hope and optimism; that indeed, the participants are taking steps, slow but sure, to relieve some pain and despair while gaining new hope and emotional healing and some enhanced measure of happiness.

To participate: You must be at least 18 years of age. You must not appear at a meeting intoxicated or high on drugs. You may not come to sell a particular religious or political point of view or any other product or service. You should come in the spirit of seeking help, yes, but also wanting to help others. Be willing to express all and anything if and when you are comfortable in doing so. It is important we each listen carefully to every speaker without judging, criticizing, or condemning. It is important each person knows they are accepted unconditionally for who and what they are; just as they are.

IMPORTANT: You acknowledge and affirm by your very presence at a meeting of DPA that you will hold in strictest confidence the identity of all persons whom you have seen at the meeting and you will never repeat to anyone outside the group what was said there. What happens there stays there. Anyone who violates this rule in any way will no longer be welcome. NO EXCEPTIONS!!!

EVERYONE WILL BE VERY WELCOME AT DPA WITHOUT REGARD TO RACE, CREED, RELIGION, SEXUAL ORIENTATION, GENDER, AGE, ETC.

Disclaimer: Please note; DPA is not intended as a replacement for any professional help, advice, and assistance (Including medications) which you may need or are currently involved with.

It is the sole purpose and intention of DPA to be a free resource for you to try if you so choose, as you seek relief from your emotional and psychological pain and distress.

Note: We are nonsectarian. We are NOT a "12-step" program and we are NOT based on or affiliated with any other program. DPA is a free independent self-governing self-help nonprofit organization serving the greater Elkhart County Indiana area.

Established May 1, 2008.

Questions, comments, or inquires may be addressed to Orva Schrock, Executive Director and group moderator: oldorv@comcast.net