

# Parents of children with mood disorders know that depression and bipolar disorder affect not just the child but also the family.

Even as we struggle to support our sons and daughters through childhood, adolescence, and adulthood, we often have no one to turn to ourselves for support and understanding. Brief meetings with your child's therapist or psychiatrist do not always help you find the answers you seek.

The Depression and Bipolar Support Alliance offers an online support group for parents of people living with mood disorders. It is one of the many online support groups we offer to people affected by depression and bipolar disorder. Our support groups are peer-led, meaning facilitators have experience helping loved ones manage depression or bipolar disorder (and other co-occurring conditions) and understand the unique situation or parenting and advocating for someone living with a mood disorder.

## Support for family and friends of people with mood disorders

Thursdays at 8pm Eastern FAMILY & FRIENDS' GROUP  
For more information and to register, please visit:

[www.DBSAlliance.org/osg](http://www.DBSAlliance.org/osg)



Depression and Bipolar  
Support Alliance

**Depression and Bipolar Support Alliance (DBSA)**

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