



Depression and Bipolar  
Support Alliance

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**DBSAAlliance.org**

# Family Resources

The Depression and Bipolar Support Alliance (DBSA) is the leading peer-directed national organization that focuses on two of today's most prevalent mental health conditions, depression and bipolar disorder. DBSA's peer-based, wellness-oriented, and empowering services and resources are available when people need them, where they need them, and how they need to receive them.

DBSA has a wide array of family resources, including:



## Balanced Mind Parent Network (BMPN)

BMPN is a family-focused online peer support community that guides parents to answers, support, and stability they seek.



## "Getting Started"

The *Getting Started* brochure provides basic information for families who have recently learned or suspect that their child may have a mood disorder.



## DBSA's Helpline

This resource is an informational line where parents can call or email requests and receive a response from a peer. Details available at [DBSAAlliance.org/Helpline](https://DBSAAlliance.org/Helpline).



## Child Depression and Mania Online Screeners

These new tools, made possible by the support of the American Legion Child Welfare Foundation and developed by the University of North Carolina, help parents better understand the symptoms that their child may be experiencing. These screeners do not provide a diagnosis and we instruct all families to bring any concerns to a mental health provider. See the screeners online at [DBSAAlliance.org/ScreeningCenter](https://DBSAAlliance.org/ScreeningCenter).

These resources, and more,  
can be found online at  
**[DBSAAlliance.org/BMPN](https://DBSAAlliance.org/BMPN)**.



Thank you to the American Legion Child Welfare Foundation for their support of the Child Depression and Mania Screeners and marketing of our family resources.