



Depression and Bipolar
Support Alliance

Pediatrician Guide

Your Toolkit for Youth Mental Health

The Depression and Bipolar Support Alliance (DBSA) is the leading national organization focusing on mood disorders, including depression and bipolar disorder. DBSA offers peer-based, wellness-oriented support and empowering resources available when people need them, where they need them, and how they need to receive them.

IT STARTS WITH ATTENTION

Unfortunately, it has taken a while to move youth mental health to the forefront of our collective minds. The COVID-19 pandemic accelerated this need even more. In our effort to address the crisis, DBSA created resources for children and their parents and caregivers.

IMPORTANCE OF MENTAL HEALTH SCREENING

We know that early intervention for mental health can lead to better long-term physical and mental health outcomes. If we have any hope of giving children a chance to thrive at their true potential, we need a collaborative strategy. Knowing pediatricians are on the frontline to children's health, we're asking you to perform mental health screenings and pass along our resources to parents and caregivers.

DBSA RESOURCES

Emotional literacy is important for everyone, regardless of mental health status. Teaching children how to articulate and navigate feelings sets the foundation for emotional health, which affects their overall development.

DBSA's Mood Crew® was developed to help parents and caregivers, as well as educators and clinicians, begin important conversations on mental health. It's an emotional literacy program designed for children (4-10) to begin important conversations on mental health. The program consists of 10 emotion-based characters and their accompanying activities to help children learn about emotions.

We've included a poster of the characters as well as a letter from Happy, who explains the importance of mental health screening. These colorful pieces can be hung in your office or waiting room to spark curiosity from your patients and conversations around emotional literacy.

Understanding Mood Disorders in Children and Teens is a great resource for parents or caregivers who may have a child experiencing depression or bipolar disorder. This brochure gives an overview of the conditions and is a helpful resource for guiding parents and caregivers with a newly diagnosed child.

DBSA SUPPORT

The Depression and Bipolar Support Alliance was founded by people living with mood disorders for people living with mood disorders. Our free online and in-person support groups provide hundreds of thousands of people across the country with the community, wellness, support, and hope they need to thrive.

In addition to support groups for people living with mood disorders, DBSA offers support groups for friends and family members, as well as parents and caregivers.

Our online community for parents and caregivers is designed to empower parents with education, wellness tools, and peer support.



Learn more about DBSA and download free resources at DBSAlliance.org/Pediatricians or by scanning the QR code.

Thanks to generous support from the American Legion Child Welfare Foundation, we can send you these resources free of cost.

Find Community. Find Wellness. Find Hope.



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