



Depression and Bipolar
Support Alliance



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Facilitating Wellness from Childhood throughout Adulthood

Depression and Bipolar Support Alliance and The Balanced Mind Foundation Join Forces

Chicago, IL – The Depression and Bipolar Support Alliance (DBSA) and The Balanced Mind Foundation (TBMF) are joining forces to improve the mental health of, and facilitate wellness for, individuals living with mood disorders from childhood throughout adulthood.

Historically DBSA's programming has been almost exclusively focused on adults with the lived experience of a mood disorder and TBMF's programming has been centered on programming to support the families of children and adolescents living with bipolar disorder and other mood disorders. On January 1, 2014, TBMF's comprehensive family-focused programming—including its dynamic online family support network—will become part of DBSA's program services and resources.

“Early identification and treatment of mood disorders is critical to maximizing the potential for children to grow into adults living in mental health and wellness,” explains DBSA President Allen Doederlein. “Parents and guardians are the most influential factor in helping children achieve full, thriving lives and therefore it is imperative that they receive the support, tools, and resources they need to ensure the best possible outcomes for their children as they grow into adulthood. That’s why DBSA is so invested in continuing the excellent programming developed by The Balanced Mind Foundation. Under a single organization, we have a greater potential, through early intervention, to help reduce the severity of mental health issues for children as they grow; to provide consistent support for individuals as they transition from childhood to adulthood and throughout their lives; and our hope for the future—to address factors impacting prevention.”

Susan Resko, Executive Director of The Balanced Mind Foundation, shares, “By joining forces, our members, volunteers, and supporters will not only benefit from renewed support for current TBMF programming, they will gain new educational and empowering tools and resources; will have new opportunities for in-person support for themselves and their children as they grow into adulthood; and will have a larger voice in shaping the future of mental health through DBSA's research, peer specialist, and advocacy initiatives. Our ability to impact change will be exponentially greater together. “

The Balanced Mind programs will complement DBSA's extensive peer-centered programming, which recognizes the importance and power of the lived experience and is grounded by its network of more than 300 chapters and 750 in-person, peer-led support groups nationwide. DBSA envisions wellness for people living with mood disorders and remains steadfast in its mission to improve the lives of individuals—now of all ages—living with depression or bipolar disorder.

An information hub has been established at DBSAlliance.org/Lifespan. We invite you to visit often as news and updates will be posted throughout the next several months.

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The **Depression and Bipolar Support Alliance (DBSA)** is the leading peer-directed national organization focusing on the two most prevalent mental health conditions, depression and bipolar disorder, which affect more than 21 million Americans, account for 90% of the nation's suicides every year, and cost \$23 billion in lost workdays and other workplace losses. 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—online 24/7, in local support groups, in audio and video casts, or in printed materials distributed by DBSA, our chapters, and mental health care facilities across America. Through more than 750 support groups and nearly 300 chapters, DBSA reaches millions of people each year with in-person and online peer support; current, readily understandable information about depression and bipolar disorder; and empowering tools focused on an integrated approach to wellness.

For more information, please visit www.DBSAlliance.org or call (800) 826-3632.

The Balanced Mind Foundation (TBMF) was founded in 1999 as the Child and Adolescent Bipolar Foundation by parents seeking answers and treatment for their children. They turned to the Internet and founded a community, launched a pioneering website, and enlisted the guidance of leading psychiatric researchers and clinicians. In 2011, TBMF expanded our mission to serve families of children with all mood disorders, including bipolar disorder and depression. Today, TBMF's online resources are accessed by more than 600,000 visitors each year, 4,500 parents and caregivers belong to our online support groups, 1,200 caregivers contact our Family Helpline for crisis assistance, and 6,000 visitors follow our blogs, view expert webinars, or listen to Flipswitch podcasts.

For more information, please visit www.TheBalancedMind.org.