



Support Groups for Families (and Some for Youth)

The Depression & Bipolar Support Alliance offers the Parent and Caregiver Network , an online community with support groups for parents of children affected by mood disorders. Find out more: <https://community.dbsalliance.org/page/about>

Mental Health America has an online support community for all topics mental health (including but not limited to parenting and mental health in children):
<https://www.inspire.com/groups/mental-health-america/>

Attention Deficit Disorder Association offers online support groups for parents and youth through Attention Deficit Disorder Association: <https://add.org/adda-virtual-programs/> Including at least one group for youth and groups for specific demographics like LGBTQ+, and African American individuals, among others.

Caregiver Action Network (CAN) offers online support (not specific to but includes caregivers of children with mental health struggles). Registration is required, join:
<https://www.caregiveraction.org/join>

Because.I.Love.You (BILY), a California non-profit organization dedicated specifically to mental health support groups and founded by a parent, offers parent and youth support groups and is currently offering groups via Zoom. To identify a Zoom meeting you can attend, email their founder: <https://bily.org/contact-us>

NAMI (National Alliance on Mental Illness) offers Basics, a six-session class series for parents of youth with mental health conditions. This program is available on-demand virtually for your completion at your own pace during times that are convenient for you. The class includes access to an online forum of parents also completing the program to share experiences and tell their stories. Find more: <https://www.nami.org/Videos/NAMI-Basics-OnDemand#:~:text=NAMI%20Basics%20OnDemand%20is%20a,43%20states%20by%20NAMI%20affiliates.>

Youth Behavioral Healthcare Advocates of Washington runs a Facebook group for families, community members and policy makers about mental health in young people.
<https://www.facebook.com/groups/353084468424745>