

A photograph of a Black man with a beard and a young man, both smiling and looking at each other. The man on the left is wearing a blue and red plaid shirt, and the young man on the right is wearing a blue button-down shirt. They are outdoors with green foliage in the background.

# 2019 YEAR IN REVIEW

The logo for Families for Depression Awareness, featuring a stylized plant with two leaves.

Families  for  
Depression Awareness

Helping Family  
Caregivers of  
People with Depression  
or Bipolar Disorder

## FROM THE CO-EXECUTIVE DIRECTORS

We hope that you and your family are healthy and taking precautions to avoid the COVID-19 virus. While we all wait for a return to normalcy, we encourage you take a moment and reflect on how you positively impacted millions of lives last year.

Because of you, Families for Depression Awareness helped families become better educated, equipped, and confident to support their loved ones in addressing depression and bipolar disorder.

More people than ever are accessing the abundance of resources on our website, [familyaware.org](http://familyaware.org). In 2019, we welcomed over a half-million visitors!

Our webinar offerings and audiences grew as we added content on anxiety to our teen



depression program, covered workplace mental health and wellness, and created a series on how to choose and use health insurance for mental health care.

We fervently believe—and research shows—that family caregivers are uniquely positioned to help their loved ones get care and get well. We walk beside them on that journey, offering guidance along the way.

These efforts must continue as they are needed now more than ever. Through the donations and volunteering of people like you, FFDA will provide the resources caregivers need to be effective partners in care.

We hope this glimpse into our 2019 activities provides you with a brief respite from these stressful times. When things get rough, remember how much we appreciate you.

**Susan Weinstein, JD**  
**Valerie Cordero, PhD**







"I am the mother of several children who struggle with anxiety and depression. There was power in hearing that I can help my children heal by letting them see me working on myself. FFDA's trainings are accessible and give new resources to people who want to learn more. The content on teen depression helped guide me through a conversation with my 13-year-old, which resulted in her getting the help she needed despite the fact that her symptoms had been masked."

*—Kat, a mom from Wyoming*

# 2019 BY THE NUMBERS

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519,000

Unique visitors accessed the Families for Depression Awareness website, [familyaware.org](https://familyaware.org), to take online mood tests, read inspiring family stories, register for webinars, and learn about supporting a loved one with depression or bipolar disorder.



5,100

People participated in our free webinars and workshops on topics such as depression in the workplace and anxiety in teens.



2,500

Brochures and caregiver handbooks distributed to teach families how to understand their loved one's diagnosis, work together in treatment, and advocate for care.



950

Teens impacted by our peer-to-peer Teen Speakers through in-person events at schools, libraries, after-school clubs, and other community locations.

*Teen Speakers at the FFDA office*





**If You're Often Angry Or Irritable,  
You May Be Depressed**  
February 4, 2019  
Featuring Ebony Monroe,  
FFDA volunteer



THE CUT

**How to Help Someone with Depression**  
April 18, 2019  
Featuring  
Dr. Laura Rosen,  
FFDA Advisory Board Member

## In 2019, You Saw Our Message Amplified in the Media to Millions of People



**Better Homes  
& Gardens**

**5 Things Someone with  
Depression Wants You to Know**  
April 24, 2019  
Featuring Valerie Cordero,  
FFDA Co-Executive Director



**Parents**

**Teen Depression: Statistics,  
Causes, and Treatment**  
May 2019  
Featuring Susan Weinstein,  
FFDA Co-Executive Director



# YOU HELPED US CELEBRATE FAMILIES



Our 6th Annual Evening of Hope and Discovery honored the work we do and the programs you love. MA Representative Jack Lewis and Boston University's Dr. Dori Hutchinson offered remarks as our friends and volunteers came together for an amazing night. The event raised funds for our general operations.





**Our series on mental health and insurance reached thousands of people during federal open enrollment. If you missed it, visit [familyaware.org/insurance](https://familyaware.org/insurance).**

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Valerie Cordero, PhD

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## About Us

Families for Depression Awareness, familyaware.org, is a national nonprofit organization helping families recognize and cope with depression and bipolar disorder to get people well and prevent suicides. The organization provides education, training, and support to families, especially family caregivers. Families for Depression Awareness' staff, board members, and program volunteers have, in many cases, lost a family member to suicide or watched a loved one suffer with a mood disorder, which provides motivation and informs our work.