



A conversation among people with mood disorders and their families, mental health advocates, thought leaders, and policymakers to discuss the strengths and weaknesses of our mental health care system.

Help us shape the future of mental health care and build a solution that works!

Is your organization a key stakeholder in mental health reform?

If you had access to an audience of people with mood disorders and their families, what would you say to them?

Care for Your Mind™ (CFYM) Expert Perspectives provide selected stakeholders and advocates the opportunity to present their ideas through a featured post in the Care for Your Mind conversation.

The Care for Your Mind blog offers experts and advocates the opportunity to share their perspectives, challenges, and proposals for change to an invested audience of people affected by the mental health care system; receive feedback; and engage in dialogue that contributes to building a thoughtful, responsive, responsible, and practical system of mental health care delivery.

As an Expert Perspectives contributing author, you'll

- Work with the Care for Your Mind team to develop your topic.
- Draft a blog post (500-750 words) for our review and edits.
- Remain engaged for at least two weeks, responding to comments and counterpoints related to your featured Expert Perspective article.

When we post your blog article, we'll include information about you and your organization.

We may also supplement your featured Expert Perspective article with a poll, commentary from our organizations, or illustrative personal story from one of our community members.

Care for Your Mind is a unique opportunity for you to reach an essential and critical audience in the mental health care discussion. Contact us at expert@CareForYourMind.org for more information about becoming a Care for Your Mind Expert Perspectives contributing author.

Depression and Bipolar Support Alliance (DBSA) and Families for Depression Awareness (FFDA) developed the Care for Your Mind™ community to facilitate active dialogue about emerging policies and regulations that will determine the availability and quality of mental health care services to people with mood disorders and their families.