

Determine which family members you want to report on. Then, check the boxes of any symptoms that you think pertain to those relatives.

Mental Health Family Tree: Bipolar Disorder/Depression										
	Diagnosed with depression or bipolar disorder	Persistently sad, or trouble sleeping and/or eating	Diminished interest or pleasure	Angry or irritable or violent	Trouble at work, school or home, or unable to work	Risky behavior or poor judgment, or legal problems (e.g., prison)	Left family or homeless	Substance abuse or abusing prescribed drugs	Suicidal thoughts or statements, suicide attempt or died by suicide	Increased energy or over-activity with decreased need for sleep
Mother										
Father										
Sibling 1										
Sibling 2										
Sibling 3										
Child 1										
Child 2										
Child 3										
Aunt 1										
Aunt 2										
Aunt 3										
Uncle 1										
Uncle 2										
Uncle 3										
Maternal Grandmother										
Maternal Grandfather										
Paternal Grandmother										
Paternal Grandfather										

Bipolar disorder and depression are treatable medical conditions that affect approximately 20.5 million American adults. More than two-thirds of people with bipolar disorder or depression have at least one close relative with one of these conditions, indicating the illness may run in families. The Mental Health Family Tree provides valuable insights into the family's mental health history. Please consider sharing this print-out with your doctor to help him or her assess any behaviors that may be indicative of bipolar disorder or depression. Also, consider sharing this document with your family to help create awareness reduce stigma and emphasize that bipolar disorder and depression are not a shameful family secret.

For more information please visit www.MentalHealthFamilyTree.org or www.FamilyAware.org.

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