



February 22, 2010

FOR IMMEDIATE RELEASE:

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**NAMI San Diego introduces their first published book
at the Education and Advocacy meeting on March 4**

SAN DIEGO—On Thursday, March 4, 2010, the National Alliance on Mental Illness (NAMI San Diego) will be holding a book signing with authors of their newly published first book: *Our Stories: 101 things we know now we wish we knew then*.

NAMI San Diego, in partnership with Wisdom Legacy, has created a book that focuses on lessons people have learned from dealing with mental illness. In this, their first book, 42 people trace their journey along the road of mental illness from the onset of the condition to recovery. The authors focus on what they have learned about mental illness and reflect on life lessons they have learned from the road they have traveled. They share moments of great pain to great joy and stories range from personal lived experience with a mental illness to having a sibling, child, or parent with a mental illness. The goal was to have a least one story that each person can relate to.

Oftentimes people dealing with mental illness (either their own or that of a loved one) feel alone, isolated and unsure about the future. This moving book will allow them to not feel so alone and to know that NAMI is there to walk the path of recovery with them. It is a powerful and educational publication with proceeds from its sale going to NAMI San Diego. The book will be sold at the event as well as on Amazon.com.

On March 4, many of the authors will be present for a book signing party and to read portions of what they have written to the audience. This will be held after a session of Ask the Doctors that will involve a question and answer format where the audience will be able to ask physicians things they have not been able to ask their own doctors and will also be able to share what it is like to live with mental illness directly and in the family.

NAMI is a non-profit organization that provides education, support services and advocacy to improve the lives of everyone affected by mental illnesses. They hold monthly Education and Advocacy at no charge to the public that feature expert speakers on timely topics the first Thursday of every month.

The meeting on March 4 starts at 6:30 pm and will be held at the University Christian Church Friendship Hall at 3900 Cleveland Ave in San Diego (across from the Post Office).

Mark your calendar and if you need more information, contact NAMI San Diego at (800) 523-5933. Or visit www.namisandiego.org

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