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**FOR IMMEDIATE RELEASE:**

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**NAMI San Diego Education and Advocacy meeting to be held this Thursday, May 6**

SAN DIEGO—On Thursday, May 6, 2010, the National Alliance on Mental Illness (NAMI San Diego) will be holding their monthly Education and Advocacy meeting.

The meeting will feature an extra long session of “Ask the Doctors,” which is a popular discussion group format with psychiatrists Steve Koh, MD, MPH, MBA Chief Resident San Diego VA Hospital, University of California San Diego, Department of Psychiatry and Kristine Munoz, MD, with the Naval Medical Center in San Diego. This involves 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.

The second portion of the meeting will be a wrap-up of the recent NAMI Walk held on April 17 in Balboa Park. This walk was a great success with 2,600 walkers attending and \$130,000 raised for NAMI programs. Special videos from the walk will be shown and input gathered on what made this walk work and what can be improved for next year.

In support of the NAMI Walk San Diego County, the Forward Operating Base-Echo in Iraq held a 5K Run (in full body armor) at the same exact time San Diego had their walk on April 17. Over 100 runners participated—what a statement for international stigma-busting!

Executive Director Shannon Jaccard and Development and Events Manager Annie Dunlop will also discuss exciting upcoming events like May’s Senior Mental Health Partnership conference and the NAMI San Diego Summer Fun Fest in June.

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 meetings at no charge to the public that feature expert speakers on timely topics.

The meeting on May 6 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](http://www.namisandiego.org)

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