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FOR IMMEDIATE RELEASE:

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Free mental health meeting on Oct. 6 features local author and a discussion with San Diego psychiatrists

SAN DIEGO—On Thursday, October 6, 2011, the National Alliance on Mental Illness (NAMI San Diego) will be holding a free monthly Education and Advocacy meeting featuring mental health author John McManamy as well as an extended roundtable discussion with local psychiatrists.

Following a suicidal depression and lifetime of denial, John McManamy was diagnosed with bipolar disorder. He then decided to put his experience as a financial journalist to work in researching and writing about his illness. Today John is the author of “Living Well With Depression and Bipolar Disorder: What Your Doctor Doesn't Tell You That You Need To Know” (HarperCollins, 2006) and editor and publisher of the most extensive educational website devoted to depression and bipolar disorder, “McMan's Depression and Bipolar Web.” He also contributes as an expert patient on HealthCentral's “Bipolar Connect” and has his own blog, “Knowledge is Necessity.”

In recognition of his contribution to mental health journalism, John received the Mogens Schou Award for Public Service from the Seventh International Conference on Bipolar Disorder in June, 2007. He has also been involved in advocacy working with the Depression and Bipolar Support Alliance on the national, state and local level, and he serves on the NAMI San Diego Board of Directors.

Prior to John's presentation, NAMI San Diego will hold an “Ask the Doctors” information session with local psychiatrists. Here you can ask the questions you've wanted to ask a psychiatrist and learn from other members of the group as well.

NAMI San Diego 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 October 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).

Another NAMI San Diego event is happening the day after their Thursday Education and Advocacy meeting and that is the 8th annual Inspiration Awards dinner. The dinner will be held at the Catamaran Resort on October 7, and features Father Joe Carroll as the keynote speaker and Inspirational Person of the Year award winner. In addition to Father Joe's award, there will be a number of other awards given to people and organizations who have greatly contributed to the mental health community.

Mark your calendar and if you need more information on the meeting or the upcoming awards dinner, contact NAMI San Diego at (800) 523-5933. Or visit www.namisandiego.org

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