

+Depression, Anxiety, and Stress: Let's Talk About It

Millions of American teens experienced major depression last year. Less than half received treatment. SAMHSA

"I felt like I was just sinking in the ocean with like a weight strapped to my feet ... I couldn't breathe. I was just panicky and I would lay in my bed in the fetal position for days."

Mike Haas, 18 years old
Depression: True Stories

Join us for a special screening of ***Depression: True Stories***, a 25-minute film. Producer, Jeanne Blake, former WBZ-TV medical reporter, will lead an informative discussion addressing depression, anxiety and stress among young people. Learn how your community can help reduce the stigma that surrounds mental illness and encourage those suffering with depression to seek potentially lifesaving treatment.

In *Depression: True Stories*, three young adults describe living with – and recovering from – depression. Their powerful stories show how early diagnosis and treatment can transform and save lives.

When: Thursday October 16, 2008 – 7:00pm to 8:30pm
Where: Blanchard Middle School Auditorium
14 West Street, Westford, MA 01886

Sponsored by Westford Parent Connection, The Westford Health Department, Westford Against Substance Abuse (WASA) and See a New Sun Foundation (SANS). The meeting is free and open to the public. Please call Mary Anne Seraphin (Westford Parent Connection) at 978-692-6345 or Sue Hanly (RN, NCSN Stony Brook School) at 978-392-6816 or Barbara Whitcomb at 978-486-4928 (See A New Sun Foundation) for more information. Pre-registration is recommended through the Westford Health Department. Please call 978-692-5509 by October 10th. Pre-registration may also be done through the See A New Sun Foundation at 978-486-4928.

Jeanne Blake speaks to professionals and parents nationally in corporate and community settings.

Blake serves on the Board of Trustees at McLean Hospital and is an affiliated faculty member at the Division on Addictions, Cambridge Health Alliance, Harvard Medical School. She has appeared on *Oprah*, *The Today Show*, and CNN.

Her series of *Words Can Work*® films and booklets are integrated into wellness, health, and education programs internationally for young people, parents, and professionals.

"*Depression: True Stories* provides compelling first person accounts of the suffering associated with this life threatening illness--depression. At the same time, it inspires hope about the power of treatment. It is certain to educate adolescents, young adults, parents, other caregivers, and health care professionals about a serious illness that can and should be treated."

Paula K. Rauch, M.D., Director, Child Psychiatry Consultation Service to Pediatrics
Massachusetts General Hospital and Harvard Medical School

Learn more about Jeanne Blake and *Depression: True Stories* at www.wordscanwork.com