



**Mental Illness Awareness Week  
Oct. 5-11, 2008**

**Bipolar Disorder Awareness Day  
Oct. 9, 2008**

**National Depression Screening Day  
Oct. 10, 2008**

Wisconsin United for Mental Health (WUMH), National Alliance on Mental Illness (NAMI) Wisconsin, NAMI Dane County, Wisconsin Family Ties, and the Mental Health Center of Dane County are pleased to work together to promote Mental Illness Awareness Week, a yearly event observed nationwide with outreach and educational programs aimed to promote early detection and accurate diagnosis of mental illnesses, and reduce the associated stigma and discrimination experienced by those with mental illnesses.

Bipolar Disorder Awareness Day will be observed Thursday, Oct. 9 and National Depression Screening Day Friday, Oct. 10. Bipolar Disorder Awareness Day seeks to enhance education of bipolar disorder and its unique symptoms. Characterized by unusual shifts in a person's mood, energy, and ability to function, bipolar disorder differs from major depressive disorder and requires specific treatment. National Depression Screening Day is 24 hours of outreach encouraging people in our communities, especially those who may be less likely to seek medical attention, to participate in free, confidential mental health screenings. Screenings are effective ways to determine whether a person is experiencing symptoms of clinical depression, and in-person and online screenings will both be available.

Members of the organizations below are eager to communicate with press to share their insights on how mental illness impacts Wisconsin communities.



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