

*****MEDIA ALERT*****

**FAMILIES FOR DEPRESSION AWARENESS ANNOUNCES “DEPRESSION IN THE FAMILY”
AUDIO PODCAST SERIES**

WALTHAM, Mass. (October 6, 2008)— Families for Depression Awareness (www.familyaware.org), a national non-profit organization that helps families recognize and cope with depressive disorders, has launched a series of six audio podcasts for family members or friends of people with depression or bipolar disorder. The podcast series features medical experts, patients and their loved ones and focuses on defining and diagnosing depressive disorders and exploring the critical role that families and friends can play in successful treatment.

The first of the six podcasts, “**Signs of Depressive Disorders**,” features Carol A. Glod, PhD, a noted researcher at McLean Hospital and Northeastern University who studies depression and treats patients together and Massachusetts State Senator Robert A. Antonioni, was released on September 19.

Next up in the series, and premiering on October 6, 2008, is “**Diagnosis and Treatment**,” featuring Matt Ruble, M.D., Associate Director of Training, Division of Adult Psychiatry, Cambridge Health Alliance and Clinical Instructor in Psychiatry, Harvard Medical School and Terry Wise, Author of *Waking Up: Climbing Through the Darkness*. This podcast explores what individuals can do to make sure their loved one gets the proper diagnosis and treatment and why such help is essential.

The series continues with roughly one new podcast every three weeks. Planned topics include:

- “**Family Communication**” with Laura Rosen, PhD, Author of *When Someone You Love is Depressed* & Trina Mallett, Miss Eastern Idaho 2008;
- “**Getting a Family Member into Treatment**” with Raymond DePaulo, M.D., Chairman, Department of Psychiatry and Behavioral Sciences at Johns Hopkins and Author of *Understanding Depression: What We Know and What You Can Do About It* & Renee Rosolino, a wife and mother with bipolar disorder;
- “**How to Find Clinicians and Pay for Treatment**” with Richard G. Frank PhD, Professor of Health Economics in the Department of Health Care Policy at Harvard Medical School & Nancy Sharby, Families for Depression Awareness Board Member and former depression sufferer, and
- “**Caregiver Burnout**” with Suzanne Mintz, President and Co-founder of the National Family Caregivers Association & Caregiver Rebecca Riccio.

With these podcasts, Families for Depression Awareness will provide valuable information to patients, families, friends and caregivers of individuals with depressive disorders. All of the guests will share their personal insights and life experiences with their audience to educate individuals about the conditions and offer suggestions and tools to better manage one’s care.

Families for Depression Awareness believes that depression is highly treatable with medication, talk therapy and other appropriate interventions. However, it is critical to monitor symptoms and potential side effects— individually and with the help of family and friends.

These podcasts, produced with the support of AstraZeneca, Eli Lilly and Wyeth, can also be downloaded on iTunes. For a schedule and full listing of the podcasts offered or to sign up for an RSS feed please visit: <http://www.familyaware.org/podcasts/podcasts.php>.

For more information and/or to schedule interviews: Please contact Doug Russell/Kirsten Tarin at Schwartz Communications at 781-684-0770 or via email at families@schwartz-pr.com.

About Families for Depression Awareness

Families for Depression Awareness is a national nonprofit organization helping families recognize and cope with depressive disorders to get people well and prevent suicides. The organization provides education, outreach, and advocacy to support families and is comprised of families who have lost a family member to suicide or have watched a loved one suffer with depression, with little knowledge about how to help. For more information please go to www.familyaware.org.

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