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APA Launches Mental Health Blog

ARLINGTON, Va. (December 18, 2009) – The American Psychiatric Association launched a new consumer blog, [Healthy Minds. Healthy Lives.](#) which seeks to have a conversation with the public about mental health treatment and resources.

Stigma around mental illness persists and the blog provides easy access to consumers who want to learn more about maintaining their mental health. The [blog contributors](#) are APA members with varied backgrounds, including a public television host and former Mrs. United States.

Recent posts include [Exercise - An effective treatment for mild to moderate depression](#), [Maintaining Health in Stressful Jobs](#), [Are Gray Skies and Short Days Making You S.A.D.?](#) and [Are Depression Symptoms the Same Across Cultures?](#).

The blog was launched as a compliment of the APA's public information Web site, [HealthyMinds.org](#), a resource for people seeking mental health information.

The American Psychiatric Association is a national medical specialty society whose physician members specialize in diagnosis, treatment, prevention and research of mental illnesses including substance use disorders. Visit the APA at www.psych.org and www.HealthyMinds.org. Find [American Psychiatric Association](#) and [APA Healthy Minds. Healthy Lives.](#) on Facebook and [APAPsychiatric](#) and [APAHealthyMinds](#) on Twitter.

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