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**American Psychiatric Foundation Sponsors National Distribution of WLIW21's
Award-Winning Mental Health Series *Healthy Minds***

**Premieres nationwide on public television October 2009 in honor of
Mental Illness Awareness Week and World Mental Health Day**

ARLINGTON, Va. (October 1, 2009) – According to the U.S. Surgeon General, one in five people has a diagnosable mental disorder. For many families, the fear and shame associated with mental illness can lead to isolation and suffering in silence. *Healthy Minds*, produced by WLIW21 in association with WNET.ORG, aims to remove the stigma that can prevent patients and their families from seeking help.

Recognizing the critical need to support a high-quality educational series on mental health topics, the American Psychiatric Foundation, the philanthropic arm of the American Psychiatric Association, is partnering with WLIW21 to bring *Healthy Minds* to national public television audiences. The series premieres nationwide October 2009 on public television (check local listings) in honor of Mental Illness Awareness Week (10/4-10) and World Mental Health Day (10/10).

“Everyone is touched by psychiatric conditions, either themselves or a loved one. Our goal is to share cutting-edge information from experts along with personal experiences from people who have overcome psychiatric conditions,” explains Jeff Borenstein, M.D., psychiatrist and *Healthy Minds* host. “Now, more than ever, it is important to reduce stigma and encourage people who have a psychiatric condition not to suffer in silence but to seek help. I want people to know that with help, there is hope.”

Each half-hour in the 16-episode series humanizes a specific mental health condition through inspiring personal stories and interviews with leading researchers and experts, who provide the latest information about diagnosis and treatment. *Healthy Minds* covers a wide range of topics, including autism, depression, chemical dependency, post-traumatic stress disorder, eating disorders, and bipolar disorder, to bring viewers a better understanding of disorders that can affect anyone at any age.

Interviews with families living with – and overcoming – mental illness offer relatable perspectives on mental health conditions that are often misunderstood. Three special episodes further demonstrate the universal impact of mental illness through celebrity interviews: news veteran Mike Wallace reveals his battle with depression, and actor Patty Duke and broadcast journalist Jane Pauley talk about their experiences living with bipolar disorder.

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“The American Psychiatric Foundation recognized the quality of the *Healthy Minds* series and the growing public television audience interest in mental health,” said Richard Harding, M.D., American Psychiatric Foundation president. “We believe the collaboration between our foundation and WLIW21 to bring *Healthy Minds* to a national audience will help communicate mental health topics, messages and information in a new and effective way.”

Since the series’ premiere in the New York metropolitan area, *Healthy Minds* has earned numerous awards, including five Tellys honoring the best in local television.

Note to Editors: Full episode streams and resources for every topic covered are [available](#).

A production of WLIW21 for WNET.ORG. Executive Producer: Theresa Statz-Smith. Producer: Mary Puma. *Healthy Minds* is made possible in part by New York Academy of Medicine, NARSAD, the van Ameringen Foundation, the New York State Office of Mental Health, Value Options, and the New York City Department of Health and Mental Hygiene. National distribution of *Healthy Minds* is made possible by a grant from the American Psychiatric Foundation, which is the charitable and public educational arm of the American Psychiatric Association.

About The American Psychiatric Foundation

The American Psychiatric Foundation is the philanthropic and educational arm of the American Psychiatric Association. The mission of the foundation is to advance understanding that mental illnesses are real and can be effectively treated. For more information, please visit the foundation’s Web site at www.psychfoundation.org.

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