

Tell your story!

PBS NOVA Documentary in 2010 on Living with Depression

A TV production group, Kunhardt Productions, contacted DBSA for assistance in finding individuals who would be willing to share their personal stories about living with depression. If you are interested in sharing your victory in recovery, you must be willing to tell your story on video tape. Kunhardt Productions are producing a major, six-hour television series on mental health for PBS's award-winning science series, NOVA in 2010. These stories will help chronicle the emotional and psychological challenges and victories shared by millions of Americans who live with depression.

They are looking for deeply felt stories that will aid in them in de-stigmatizing and de-mystifying mental illness. These stories will help audiences in distinguishing clinical depression from everyday feelings of sadness or grief. Undeniably, these stories will reveal the great human courage involved in living with depression.

If you are interested in being considered part of this, please send Gloria Pope your contact information and a few paragraphs that tell you own personal story and experience living with depression.

Below are some questions to keep in mind while writing:

- Do you have a family history of depression or mental illness?
- Was your early life stressful, if so, could you describe how and in what ways?
- Describe how depression affected your life (relationships? spouse/family/friends/co-workers).
- How often do you have an episode?
- What has helped you in managing your depression?
- What kind of treatment plan is helping you on your road to recovery?
- What role has your social support network played in identifying and helping to manage your Depression?

Please also include your name, age, location, and contact information.

If you live with bipolar disorder and experience severe depression, you may submit as well. However, please mention your diagnosis as bipolar.

Gloria Pope

Advocacy and Public Policy

The Depression and Bipolar Support Alliance (DBSA)
730 N. Franklin, Suite 501
Chicago, IL 60610
gpope@DBSAAlliance.org