



Depression and Bipolar
Support Alliance

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For Immediate Release

DBSA Announces SPEAK and Be Heard...Living with Depression Contest Finalists

CHICAGO, IL - Sept. 29, 2010 – DBSA is pleased to announce the finalists for the 2010 Speak and Be Heard...Living with Depression Contest. The contest was made possible by AstraZeneca in partnership with DBSA and encouraged individuals to submit creative work that speaks as a reflection of their journey and inspires hope in others living with the depressive symptoms of bipolar disorder or depression. Finalists were chosen from each of the art, poetry, essay, and video categories.

“DBSA was honored to be involved in such an inspiring and positive campaign,” remarks Allen Doederlein, DBSA’s Interim Executive Director of External Affairs and contest judge. “The contest, like DBSA, is founded on the power of peer support. I was so impressed and moved by all of the contestants’ talent and stories—stories of resilience and determination that I know will provide hope and encouragement to others.”

The finalists were selected by a panel of judges from patient, advocacy, health care, literary, film, and art communities. Guest judges included author Marya Hornbacher, artist Calen Pick, poet, Susan Polis Schutz, and comic David Granirer.

The selected finalists’ entries will be used to educate people on bipolar disorder or depression through educational, promotional, and commercial programs that are related to the SPEAK and Be Heard...Living with Depression campaign. The finalists’ submissions are currently available on www.DBSAAlliance.org/speak and will be featured on the SPEAK and Be Heard website, www.SpeakAboutDepression.com, and on DBSA’s wellness community website, www.FacingUs.org.

DBSA would like to recognize the contest finalists and thank them for sharing their stories of hope:

Essay Finalists

Linea J., Seattle, WA
April T., Albany, GA
Lisa W., Bradenton, FL

Poetry Finalists

Kim C., Steubenville, OH
Vicki M., Lawrenceville, GA
Sara T., Marinette, WI

Art Finalists

Julie J., Orange, CA
Jennifer G., Federal Way, WA
Michael D.K., Palm Desert, CA

Video Finalists

Jennifer S., Mahopac, NY

Marci M., Asheville, NC

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About the Depression and Bipolar Support Alliance (DBSA)

The Depression and Bipolar Support Alliance (DBSA) is the leading patient-directed national organization focusing on the most prevalent mental illnesses. The organization fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically based tools and information written in language the general public can understand. DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments, and discover a cure. The organization works to ensure that people living with mood disorders are treated equitably. Assisted by a Scientific Advisory Board comprised of the leading researchers and clinicians in the field of mood disorders, DBSA has more than 1,000 peer-run support groups across the country. Nearly five million people request and receive information and assistance each year. DBSA's mission is to improve the lives of people living with mood disorders.