

A lot of Americans are keeping an important, possibly deadly secret.

The National Institute of Mental Health reports that approximately 18.8 million American adults have a depressive disorder. The disease is not discriminating, seeping into all age, race, gender, and socioeconomic groups. Depression stalls careers, strains relationships, and sometimes ends lives.

So if this many people are living with the disease, why the silence? ***DEPRESSION: Out of the Shadows*** is a multi-dimensional PBS project that explores the disease's complex terrain, offering a comprehensive and timely examination of this devastating disorder.

The first component of the project is a 90-minute documentary, premiering May 21, 2008, at 9:00 pm ET (check local listings). By weaving together the science and treatment of depression with intimate portrayals of families and individuals coping with its wide-ranging effects, the film raises awareness and eliminates the stigma surrounding this prevalent disease, underscoring the fact that whether we are battling it in our families, our workplaces, or in our own minds, depression touches *everyone*.

Through the voices and stories of people living with depression, the film provides a portrait of the disease never before seen on American television. Along with consumers, ***DEPRESSION: Out of the Shadows*** also follows acclaimed scientists as they describe the latest neurological research and groundbreaking new treatments for depression. Following the film, broadcast journalist Jane Pauley will host a 30-minute roundtable discussion titled *TAKE ONE STEP: Caring for Depression, with Jane Pauley* in which nationally acclaimed experts will offer advice on recognizing and treating depression.

In addition to the broadcast and online presence, the National Alliance on Mental Illness (NAMI) and YMCA of the USA will implement an outreach campaign, educating about depression in communities across the United States. All of the ***DEPRESSION: Out of the Shadows*** resources combine to powerfully raise awareness, eliminate stigma, and get help.