



National Alliance on Mental Illness

nami

Sussex

presents the documentary film

DEPRESSION: Out of the Shadows

Monday, May 13, 2019, 7:00-9:00 p.m.

Personal narratives dominate this beautifully photographed PBS documentary, allowing those who suffer from depression to tell us their stories with intense emotional honesty, conveying how devastating and disabling the symptoms can be. Doctors, therapists and researchers discuss the various forms of depression with clarity, compassion and scientific rigor.

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, eliminates stigma, and ultimately provides hope that professional treatment works and people do recover.

A brief guided discussion will follow the showing of the film.

**LOCATION: Bridgeway, 93 Stickles Pond Rd.,
Newton**

Advance registration is not required. Coffee and light refreshments will be served.

**For more information, call NAMI Sussex at
973-214-0632 or email nami.sussex@gmail.com.**

NAMI Sussex is an all-volunteer 501(c)(3) nonprofit organization that provides support, education, and advocacy throughout the Sussex County, New Jersey area on behalf of individuals and families affected by mental illness.

Website: www.nami-sussex-nj.org Email: nami.sussex@gmail.com Phone: 973-214-0632
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