



**Nominated 2012  
SAMHSA Voice Award\***  
\*2011 Voice Award Recipients:  
*The King's Speech, The Fighter,  
and, The Beaver*

# PART TIME FABULOUS

"Jules Bruff gives an excellent honest performance in this thoughtful film. A beautifully acted movie with heart and soul to spare."

- Jenelle Riley, *Backstage*

"A BEAUTIFUL FILM! Seamlessly written, acted and directed. It has the gift to help so many, shedding light and understanding..." -  
Ginacarlo Esposito,  
*AMC's Breaking Bad*



PRESENTED BY:  
TRUTH 13 PRODUCTIONS AND TIXE FILMS  
IN ASSOCIATION WITH howUNoriginal PRODUCTIONS  
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78 MINS | DRAMA | 2012

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Producer: Alethea Root | 310-985-9025 | parttimefabulous@gmail.com

**WATCH THE TRAILER**  
Scan the QR code with  
your smart phone.



# THIS IS THE **REAL FACE** OF **CLINICAL DEPRESSION**

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## SYNOPSIS

PART TIME FABULOUS weaves a narrative of love, pain, and healing with real-life stories in an exposé on living with Clinical Depression. Mel (Jules Bruff) falls in love with Don (Bjørn Johnson) while on vacation. So taken with each other, he moves in twelve days later. It's not until then that her deep-rooted and untreated Clinical Depression reveals itself. Mel's inability to deal with her illness pushes a wedge between them and ultimately breaks them apart. She is forced to face her disease alone. In the quest to heal herself Mel sets out to make a documentary that exposes her truth, and the heartfelt truth of others dealing with Clinical Depression.

## Filmmaker Statements

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PART TIME FABULOUS was loosely inspired by my personal journey with Clinical Depression and recovery. I hope our film, PART TIME FABULOUS, will help illuminate what it can be like to live with Clinical Depression. Once you've seen it, please spread the word. In making this film I discovered that most people I spoke with had a family member or friend whose life had been adversely affected by depression. I want to spread the word: depression isn't your fault, nor should you be ashamed. Help is available.

- Creator, Producer, Co-Writer, Star, Jules Bruff

PART TIME FABULOUS is dedicated to our friends who lost their lives because of their mental illness. There is nothing I can do about the past, but maybe this film can help save a life in the future. In making Part Time Fabulous I got to witness the brave souls who came forward to tell their stories, all of whom shared a common goal, starting a public conversation about Clinical Depression. We continue to spread the word and invite you to join us.

- Director, Co-Writer, Producer, Alethea Root





## WHAT PEOPLE ARE SAYING

*"Part Time Fabulous completely changed my understanding of depression.  
A fascinating film."*

**John Dowdle**

(Director/Writer: *Devil*, *Quarantine*; Executive Producer: *Transcendent Man*)

*"Forget any Hollywood portrayal of mental illness you've ever seen. Jules Bruff  
sets a new standard for raw honesty and fearless integrity. It is a staggering  
performance."*

**Stephen Chbosky**

(Award Winning Writer/Director: *The Perks of Being a Wallflower*; Creator/Writer:  
*Jericho*; Writer: *RENT*, for the screen)

## BIOGRAPHIES

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### JULES BRUFF (Mel)

Creator, Producer, Co-Writer, Star

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Jules co-wrote, produced and starred in Part Time Fabulous. The film has garnered 8 awards, 2 of which are Best Actress nods for her portrayal of the lead character, Mel. She completed her undergraduate BFA in Acting at the highly regarded University of Colorado at Boulder, where she was awarded the Best Actress Scholarship her senior year. Since moving to Hollywood, she has acted in theater, TV, new media, film and over 40 national commercials. Her first break came when she landed the pivotal role of Catherine Allen in David Fincher's highly acclaimed 2007 film Zodiac. Bruff's production company, TIXE fleur Productions, is currently developing 3 features which she will act in and produce in 2012-2014.



### ALETHEA ROOT

Director, Co-Writer, Producer

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Alethea Root made her feature film directorial, producing and writing debut with the acclaimed film PART TIME FABULOUS, an expose on living with clinical depression. The film has won 8 awards to date including 2 Audience Choice Awards and Root won a Cinema Exploration Award: Exploring Humanity. Root's production company, Truth 13 Productions, is dedicated to making entertaining movies that effect positive change in the world and she is currently attached to produce and direct 4 feature films in 2012 and 2013. She is also know for her work as the Production Designer on the Academy Award winning short film WEST BANK STROY and the Art Director on the Emmy winning webisode DR. HORRIBLE SING ALONG BLOG, starring Neil Patrick Harris, directed by Joss Whedon.

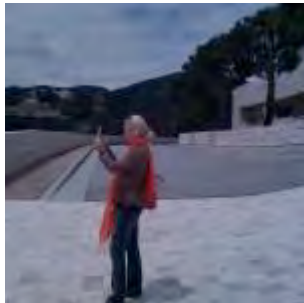


# CAST AND CREW BIOGRAPHIES



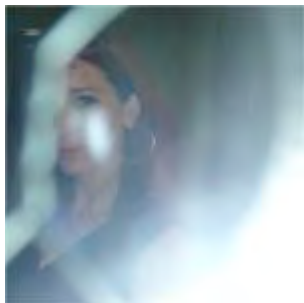
## **DON PRESLEY | Producer**

Don Presley has worked behind the scenes for 14 years in the camera department on over 60 feature films, numerous television shows, commercials, and documentaries. Continuing his film career as a Producer, he recently collaborated to start Truth13 Productions as an outlet for creative, independent features and short films.



## **ELEONORE DAILLY | Producer**

Eleonore is a young female filmmaker who left a successful legal career to pursue her dream of changing the world through narrative films and documentary projects with a strong social message. Her credits include DIRT! THE MOVIE, a feature length award-winning film about the life beneath our feet, which premiered at Sundance 2009, and CHICAS, a feature length documentary that follows three courageous streetwalkers who fight for their rights as women in poverty-stricken Argentina. In 2007, she was awarded the prestigious Debra Hill Fellowship for promising, young female filmmakers for her work on feature film development. That accolade came on the heels of Eleonore's intense training at the University of Southern California's Peter Stark Producer Program and a law degree from Columbia Law School.



## **CHERYL STEWART | Executive Producer**

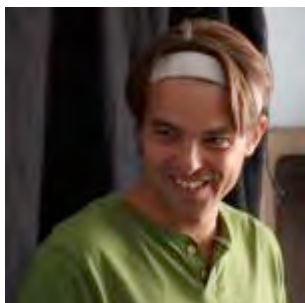
Cheryl is the founder of howUNoriginal Productions and is currently studying entertainment law at Southwestern School of Law in Los Angeles. Cheryl chose PART TIME FABULOUS as her first project to Executive Produce because she believes the film has an important and informative message.



## **LEIGHANNE HADDOCK | Co-Producer**

Leighanne has spent 10 years in the TV and film industry. As a director's assistant for seven years, she facilitated developing projects from concept to completion. She has a strong sense of both the craft and the business of film-making. Being a co-producer of PART TIME FABULOUS marks Ms. Haddock's producing debut. Ms. Haddock began her career in guerilla film-making and indie productions, and has also worked for major studio production companies such as Dreamworks, Columbia, Disney and Forward Pass. Her credits include GLEE, DISTURBIA, ENCHANTED, PUBLIC ENEMIES, and KITE RUNNER. Ms. Haddock continues to grow her career, and has several of her own projects currently in development. Though a native Texan, she has lived in Los Angeles for the past seven years.

# CAST AND CREW BIOGRAPHIES



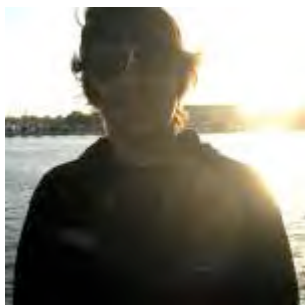
## **JUSTIN DUVAL | Cinematographer**

Justin started his soon to be illustrious cinema career in the final year of the 20th century. Then 22 years old, he scratched and clawed his way into a blossoming career as a Chief Lighting Technician (CLT). He started photographing movies in school at The Savannah College of Art and Design. Now, just over ten years later he's DPed a handful of independent films and been the CLT on yet another handful of studio pictures such as GAMER and MACGRUBER. The second and last son of Connecticut natives Sandra and Richard, art teacher and construction foreman respectively, film seemed like a natural assimilation between the two crafts. It's often said that few other industries would have him. Fortunately for him, and perhaps for the movie industry, he seems to like it here.



## **BOBBY R. POIRIER | Editor**

Bobby recently edited the feature film THE MIKADO PROJECT for director Chil Kong and is pleased to have edited Alethea Root's feature film PART TIME FABULOUS. He also edited Alethea's short film UN PETIT JEU. He has produced, directed and edited short films that have screened in festivals around the world including JAMES LIPTON IS DEAD (winner of the 2Minute 2Step Short Film Challenge), RECRUITING, licensed by MTV/Logo and TRADITIONAL FAMILY VAMPIRES, distributed by Cinemanow. His documentary film TANGIBLE FATHERS was distributed by Avatar Films and Cinemanow. He has associate produced for visual effects, animation and main title designs for GARFIELD: A TAIL OF TWO KITTIES (20th Century Fox) and TROY (Warner Brothers) — all for Pacific Title & Art Studio. With Lone Wolf Productions, Bobby has associate produced the four part series CONQUEST OF AMERICA, which received an Emmy nomination and a NY Festival Gold Medal, and DEEP SEA DETECTIVES, both for the History Channel.



## **LEE TOSCA | Production Designer**

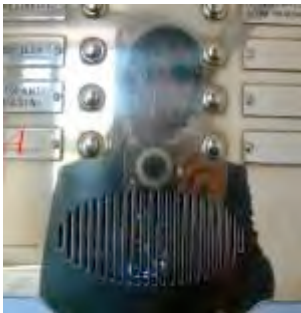
Coming from New York, Lee has mostly worked in television, commercials and some independent projects. A few of her accomplishments include art directing the feature film SPEED OF LIFE and designing two short films, RATTLER and THE 7TH CLAUS. RATTLER was the winner of the US Comedy Arts Festival Award in 2000. Her work has allowed her to collaborate with an array of world-renowned artists and designers. She has worked under the direction of architect/designer Gaetano Pesce, fashion designer Todd Oldham and photographer William Wegman.

# CAST AND CREW BIOGRAPHIES



## MARLENE GUIDARA | Costume Designer

Marlene is making her feature debut with PART TIME FABULOUS. After many years in the Music Industry, Marlene found her true calling as a costume designer and art director. She has assisted costumes on many commercials and films, and has done extensive work as an art director.



## SHAWN DUFRINE | DP of Documentary Interviews

Shawn began his career in film production immediately after graduating from USC, working as a camera assistant on countless features, commercials and music videos. During this time he was mentored by several of today's top cinematographers, and it wasn't long before Shawn's own innovative use of light and imagery found him collaborating with other young, ambitious filmmakers on a slew of projects. In addition to the documentary footage on PART TIME FABULOUS, Shawn has photographed well over a dozen feature and short films, most notable are his collaboration with John Dowdle on THE POUGHKEEPSIE TAPES and the feature documentary TRANSCENDENT MAN directed by Barry Ptolemy. His commercial credits include campaigns for Kellogg's, Meteor Mobile, Kit Kat, Lexus, and Visa





# CAST AND CREW BIOGRAPHIES



## **BJØRN JOHNSON (Don) | Actor**

Bjørn Johnson is an award-winning actor, director, producer and acting coach in theater, film and television. He has most recently starred in the international hit, *Trip*, and guest starred in *THE EVENT*, *CRIMINAL MINDS*, the final episode of *ER*, *MAD MEN* and *DEXTER*. After earning his BA in Dramatic Literature from George Williams College, Bjørn studied acting in New York, apprenticed with B.H. Barry and ran Michael Kahn's private acting studio for three years.

Please visit [www.bjornjohnson.net](http://www.bjornjohnson.net) for more information. Bjørn is available for interview.



## **JOHN COMBS (Dad) | Actor**

John recently starred as "Barney Cashman" in Neil Simon's *LAST OF THE RED HOT LOVERS* at the Pico Playhouse, and also played "Jellaby" in Tom Stoppard's *ARCADIA* at the Sierra Madre Playhouse. Earlier in the year he appeared as "Count Whitflower" in the world premiere of *LIBERTY INN THE MUSICAL*, by Dakin Matthews and B.T. Rybeck. He was seen last fall as "Baylor" in Sam Sheppard's *A LIE OF THE MIND*, and played "Bernie Made-off" in last summer's hit *OCTOMOM THE MUSICAL*. Other theatrical credits include *AMERICAN TALES*, *THE MAN WHO HAD ALL THE LUCK*, *THE WILL*, and *TRIAL BY JURY* with The Antaeus Company, *THE BAY* at Nicewith Andak Stage Co., *LOUIS SLATIN SONATA* and *THE BROTHERS KARAMAZOV* with Circle X -- also 20 years of theatre work in NYC. TV credits include *JUDGING AMY*, *CROSSING JORDAN*, *FAMILY LAW*, *LA DRAGNET*, *THE GUARDIAN*, *THE DISTRICT* and *LAW & ORDER*. Recent film work includes *MY UNCLE RAPHAEL*, *PUBLIC ACCESS*, *A LITTLE STEP*, *MY CHRISTMAS GIFT*, *WHISLIN' DIXIE* and *NEVER SAY MACBETH*.



# CAST AND CREW BIOGRAPHIES



## **BLAKE ROBBINS (Dr. Carr) | Actor**

Blake Robbins most recently recurred on ABC'S FLASHFORWARD, and was last seen on NBC's THE OFFICE playing "Jim Halpert's" Brother. He was originally seen on the critical favorite OZ for HBO as OFFICER DAVE BRASS, and was most recently seen in the Sony feature THE UGLY TRUTH opposite Katherine Heigl and Gerard Butler for Robert Luketic. Other film credits include RUBBER (Cannes Film Festival), and THE ONLY GOOD INDIAN (Sundance). Other television includes MEDIUM, 24, FIREFLY and ENTOURAGE. With appearances in more than 60 plays Blake has an extensive theater background. He was seen on Broadway in Arthur Miller's THE MAN WHO HAD ALL THE LUCK. Off-Broadway in the Naked Angels production of Tape and he won the LA Weekly award for Best Performance for PLACEMENT at the Black Dahlia Theater.

More Info: <http://www.310demoreels.com/blakerobbins.html>

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## **BRUNO OLIVER (Sam) | Actor**

Bruno Oliver is has worked on a number of Indie films and has been seen on TV on THE OFFICE, MODERN FAMILY, PARTY DOWN, HOUSE, ARRESTED DEVELOPMENT and many other shows. He is an award winning stage actor in Los Angeles and has worked with a number of theatres in Los Angeles, Seattle, Chicago, and various Shakespeare Festivals.

More Info: [www.BrunoOliver.com](http://www.BrunoOliver.com)

# FEATURED COMPOSERS OF ORIGINAL SCORE

## THE PRESIDENT'S KIDS

### David Poe (Composer) and Amy Raasch (Composer)

**David Poe** is an American songwriter, producer and composer for film, theater and dance. He has released six albums and a live performance DVD, toured the world as support act for Bob Dylan, Joan Baez and Tori Amos, produced recordings for other artists, including Regina Spektor and Kraig Jarret Johnson, collaborated with numerous songwriters, including T-Bone Burnett, Grace Potter and Duncan Sheik, scored premiere works for dance companies Cedar Lake Contemporary Ballet and Pilobolus and scored extensively for feature film and television. Poe is a composer fellow of the Sundance Institute and artist-in residence emeritus of The Artists Den. Transplanted to New York City from the American Midwest, Poe served as the sound engineer at CBGB's Gallery before he was signed to Sony Music. "David Poe gives the singer-songwriter genre a much-needed jolt," wrote Rolling Stone of his award-winning debut, produced by T-Bone Burnett, and gave Poe's second effort *The Late Album* a coveted four-star review. The London independent likened his songs to "miniature novels." Harp magazine called his third album, *Love Is Red*, "the make-out record of the year." The Village Voice calls him "the major domo of songwriters" and Time Out! New York deemed him "the perfect man." Hyperbole is everything.



**Amy Raasch** is a songwriter, performing musician and composer for film based in Los Angeles. Her first album, *Love or Inertia*, was released in 2007. "Raasch has an actor's focus on the tiny movements of the soul," wrote Next Big Thing. Music Connection called her "one of the top unsigned artists in Los Angeles" and "Missing," a song from that project, won the G.I.N.A. Singer/Songwriter Contest. Amy followed with *52 Songs in 52 Weeks*, an episodic collection of live performances of songs-in-progress, and is currently developing a performance piece entitled "I Know How Mona Lisa Felt", a project about adopted children, while recording her second solo album. A reluctant actress, Amy has also appeared in several productions for theater and feature films, including a role as a folk singer in the indie movie *the FOUR CORNERS OF NOWHERE*, which first inspired her to pick up a guitar.



## PRESS KIT

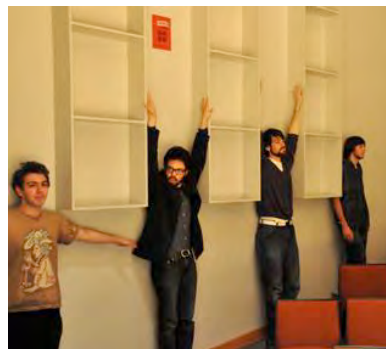


# FEATURED SONGS FROM SOUNDTRACK

## The Milkman's Union

**(Featured Songs: *St. Petersburg*, *The White Socks*, *Roads In*, *America*, and *Percy*)**

Henry Jamison started The Milkman's Union as a solo project in 2005. He made a splash in the Burlington, VT pop scene with the release of two self-produced albums. Seven Days wrote that "his talent is impossible to ignore" and that his music bears "similarities to today's most erudite indie acts." While enrolled at Bowdoin College in Brunswick, Maine, he met drummer Peter McLaughlin and bassist Sean Weathersby. Lead guitarist Akiva Zamcheck, a classically trained multi-instrumentalist, joined the group in 2008 and helped the band complete their debut album, "Roads In", which was released in October 2009. The record has been met with great approval from critics and fans alike. "Roads In" has also been getting airplay at well over 100 radio stations across the U.S.



## Chip Godwin

**(Featured Songs: *You are Loved*, and *Finally Arrived*)**

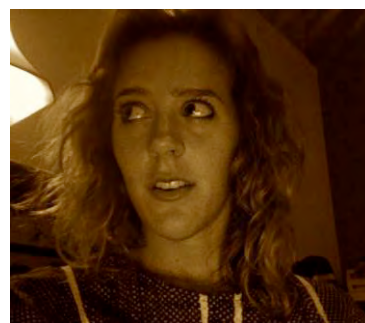
Presenting Singer/Songwriter, Actor, and former front man for Long Distance Call, Chip Godwin - born in the pineapple fields of Honolulu, raised in the woods of New Hampshire, educated on the banks of Pittsburgh's three rivers and dropped mercilessly into filthy, delicious Glittertown where dreams come true and where the water really does taste like wine. After fronting indie Hollywood rockers Long Distance Call for four years and releasing the LP "Yesterday's Gone" and Single "Poor Nostalgic Me", Chip's 15 track solo debut, "Finally Arrived," is available on itunes. For more good times, including videos, photos, contact and licensing info, indulge your senses at [www.chipgodwin.com](http://www.chipgodwin.com).



## Abby Miller

**(Featured Song: *We Are All the Broken Pieces*)**

Abby Miller moved to Los Angeles from Nebraska in 2003 to pursue a career in acting. Then in 2005 she met a girl named Jen and discovered music. They started a band together that they cleverly called, 'Jen & Abby.' They toured and played and put out an album over the next 5 years. Then Abby wrote this song for the film. Today, Abby plays music, writes screenplays, acts in fun things and really loves her life.



# ACCOLADES

*"PART TIME FABULOUS completely changed my understanding of depression. A fascinating film."*

- **John Dowdle** Director/Writer: DEVIL, QUARANTINE;  
Executive Producer, TRANSCENDENT MAN

*"Forget any Hollywood portrayal of mental illness you've ever seen. Jules Bruff sets a new standard for raw honesty and fearless integrity. It is a staggering performance."*

- **Stephen Chbosky** Award Winning Writer/Director: THE PERKS OF BEING A WALLFLOWER; Creator/Writer: JERICHO;  
Writer: RENT, for the screen

*"Jules Bruff give an excellent honest performance in this thoughtful film.*

*A beautifully acted movie with heart and soul to spare."* - **Jenelle Riley** Backstage

*"PART TIME FABULOUS is a strikingly honest and empathetic portrait of depression. The film manages to get inside the apathy and paralysis of that low and then transcend it in a very believable way. The characters are played in a gritty and unwavering documentary style that is riveting. This film is pitch perfect and an important contribution to a topic that is still so terribly misunderstood and so veiled in stigma in our culture."* - **Meg Hutchinson** Award Winning American Folk Singer

*"PART TIME FABULOUS is a captivating movie which combines dramatic and documentary styles into an engrossing depiction of the unsettling reality of clinical depression."* - **Alexis Selwood, PhD** Psychotherapist

*"PART TIME FABULOUS provides a raw cross-sectioned perspective of clinical depression's systematic impact... Gripping its possessor and all whom she connects with."* - **Devin Price, MA LMFT** Licensed Clinical Therapist

*"A BEAUTIFUL FILM! Seamlessly written, acted and directed. It has the gift to help so many, shedding light and understanding..."*

- **Ginacarlo Esposito** AMC's Breaking Bad

*"The interspersion between individuals telling their own stories and the dramatic sequences added depth and credibility. But it also created a hybrid between a documentary and a drama. On a much smaller scale, it reminded me of Reds."*

- **Charles Giuliano** Berkshire Fine Arts

*"The music in this film is perfect, The President's Kids (David Poe and Amy Raasch), The Milkman's Union, Chip Godwin and Abby Miller contribute beautiful music to the soundtrack."*

- **Coming Out of the Dark**

*"Blurring the line between documentary and drama, Alethea Root captures the ups and downs of loving someone with mental illness with an accuracy rarely seen on screen."*

- **Rendezvous with Madness Film Festival**





## ACCOLADES

*"We all have a friend, a family member, a neighbor, a co-worker, someone integral to our lives, who suffers from depression. And yet, over the years, such little voice has been given to this affliction that touches so many of our lives. This is why Part Time Fabulous is not only a triumph of filmmaking, but also a triumph of the human spirit. Everyone must see this film... Jules' performance jumps through the screen, combining raw emotion, tender humility, and groundbreaking grace."*

**Liz Maccie**

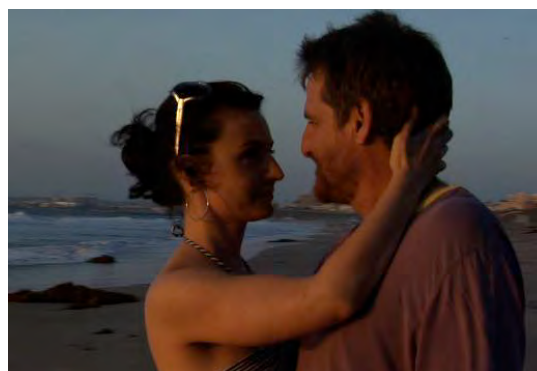
(Writer, ABC Family: *Make It OR Break It*)

*"Part Time Fabulous captures and conveys, in a sincere and touching way, the realities of living with and working through something as obtuse and complex as Clinical Depression. It draws the viewer into the actual process and psychodynamics of depression, cultivating a very rare understanding that I've never witnessed before in any film on the topic. I was left stunned by the fact that such a window was created into a private and hard to understand world... without sugar coating, it reveals how even such deep, gripping and seemingly unmovable pain can*

*transform one willing to face it directly and courageously into a more realized being... It is a film that transforms the viewer with a gift of understanding that they will carry and relate to for the rest of their lives. "*

**Michael Vladeck**

(President and Founder, *BringingForth™*,  
Personal Coaching and Counseling)



## PRESS KIT



## **PRAISE FROM MENTAL HEALTH COMMUNITY**

*"Part Time Fabulous provides a raw cross-sectioned perspective of clinical depression's systematic impact...Gripping its possessor and all whom she connects with"*

**Devin Price, MA LMFT**  
(Licensed Clinical Therapist)

*"Part Time Fabulous is a captivating movie which combines dramatic and documentary styles into an engrossing depiction of the unsettling reality of clinical depression."*

**Alexis Selwood, PhD**  
(Psychotherapist)



# ABOUT DEPRESSION

## What is Depression?

Everyone occasionally feels blue or sad, but these feelings are usually fleeting and pass within a couple of days. When a person has a depressive disorder, it interferes with daily life, normal functioning, and causes pain for both the person with the disorder and those who care about him or her. Depression is a common but serious illness, and most who experience it need treatment to get better.

Many people with a depressive illness never seek treatment. But the vast majority, even those with the most severe depression, can get better with treatment. Intensive research into the illness has resulted in the development of medications, psychotherapies, and other methods to treat people with this disabling disorder.

*According to the National Institute of Mental Health:*  
<http://www.nimh.nih.gov/health/publications/depression/complete-index.shtml#pub3>

## Facts by the World Health Organization:

- Depression is common, affecting about 121 million people worldwide.
- Depression is among the leading causes of disability worldwide.
- Depression can be reliably diagnosed and treated in primary care.
- Fewer than 25 % of those affected have access to effective treatments.

*World Health Organization:*  
[http://www.who.int/mental\\_health/management/depression/definition/en/](http://www.who.int/mental_health/management/depression/definition/en/)

## PRESS KIT



## Symptoms of Depression

- Persistent sad, anxious, or "empty" mood.
- Feelings of hopelessness or pessimism.
- Feelings of guilt, worthlessness, or helplessness.
- Loss of interest or pleasure in hobbies and activities that were once enjoyable, including sex.
- Decreased energy, fatigue; feeling "slowed down."
- Difficulty concentrating, remembering, or making decisions.
- Trouble sleeping, early morning awakening, or oversleeping.
- Changes in appetite and/or weight.
- Thoughts of death or suicide, or suicide attempts.
- Restlessness or irritability.
- Persistent physical symptoms, such as headaches, digestive disorders, and chronic pain that do not respond to routine treatment.

*National Institute of Mental Health:*  
<http://www.nimh.nih.gov/health/publications/men-and-depression/symptoms-of-depression-and-mania.shtml>

# RECENT ARTICLES ON DEPRESSION

## **“Optimism 2.0”**

**Ode Magazine**

<http://www.odemagazine.com/doc/72/optimism-2.0/2>

“Recent studies have cast doubt on the ability of antidepressants to provide effective treatment for mild or moderate forms of depression, although the drugs seem to be more effective for severe depression. Psychoanalysis does not generally help depression at all. According to Seligman in *Learned Optimism*, we may have unwittingly created a depression-friendly environment by obsessively discussing and analyzing our personal problems, a process psychologists call “rumination.” Young girls may be particularly vulnerable to depression and anxiety disorders when they have lots of friends with whom they can vent about the things that seem to be going wrong in their lives.”

## **“Ron Artest's championship ring is for sale, inquire for price”**

**YAHOO Sports**

[http://sports.yahoo.com/nba/blog/ball\\_dont\\_lie/post/Ron-Artest-s-championship-ring-is-for-sale-inqu?urn=nba-268518](http://sports.yahoo.com/nba/blog/ball_dont_lie/post/Ron-Artest-s-championship-ring-is-for-sale-inqu?urn=nba-268518)

“The fact that Ron Artest is promoting mental health in schools today is amazing in its own right. Considering Artest went from throwing medicine in the garbage to being a government-approved mental-health spokesman in a matter of years, he knows as well as anybody the effectiveness of seeking out help. If that were the end of Artest's foray into mental-health awareness, that would be more than enough.

Artest finally won a title in June after 11 regular seasons of trying ... and now he's planning to sell the championship ring as a fundraiser to put more psychologists, psychiatrists and therapists in schools. ‘I'm never going to put it on,’ he said.... ‘You work so hard to get a ring, and now you have a chance to help more people than just yourself, instead of just satisfying yourself,’ he said. “

## **“Depression in Women: Understanding the Gender Gap”**

**Mayo Clinic**

<http://www.mayoclinic.com/health/depression/MH00035>

“About twice as many women as men experience depression. Several factors may increase a woman's risk of depression. Family. Career. Coping with menstrual cycles, pregnancy and menopause. As a woman, you certainly have plenty of issues to handle. But there's another one you might face that can be especially challenging: depression. About 1 in 8 women develop depression at some point in life. Women are nearly twice as likely as are men to struggle with depression at some point. Depression can occur at any age, but it is most common in women between the ages of 25 and 44.

After girls and boys reach puberty, depression rates are higher in females than in males. And because girls typically reach puberty before boys do, they're more likely to develop depression at an earlier age than are boys. This depression gender gap lasts until after menopause.”



# RECENT ARTICLES ON DEPRESSION

## **“Mental Illness: The Stigma of Silence”**

**The Huffington Post**

[http://www.huffingtonpost.com/glenn-close/mental-illness-the-stigma\\_b\\_328591.html](http://www.huffingtonpost.com/glenn-close/mental-illness-the-stigma_b_328591.html)

*Guest Article by Glenn Close:* “There has, in fact, been a lot of depression and alcoholism in my family and, traditionally, no one ever spoke about it. It just wasn't done. The stigma is toxic. And, like millions of others who live with mental illness in their families, I've seen what they endure: the struggle of just getting through the day, and the hurt caused every time someone casually describes someone as "crazy," "nuts," or "psycho”.

Even as the medicine and therapy for mental health disorders have made remarkable progress, the ancient social stigma of psychological illness remains largely intact. Families are loath to talk about it and, in movies and the media, stereotypes about the mentally ill still reign.”

## **“Income Inequalities Are Increasing the Occurrence of Depression and Suicide Attempts During the Current Financial Crisis”**

**ScienceDaily**

<http://www.sciencedaily.com/releases/2011/02/110204130416.htm>

Due to the recent economic crisis, an increase of health inequalities between socio-economic groups has been noticed in both developed and developing countries. There is evidence that such inequalities not only affect general health, but have a particular

impact on mental health. This study shows that the three psychopathologies (depression, suicidal ideation and suicide attempts) were more highly concentrated in lower income groups across years. This inequality observed was more pronounced in recent years, especially for suicide attempt. This means that the lowest income groups have the highest risk of depression, suicidal ideation and suicidal attempt.

Moreover, during this period, the suicide rate rose dramatically from an average of 13.0 per 100,000 to 26.0. This is the highest rate among countries belonging to the Organization for Economic Cooperation and Development (OECD).”

## **“Diet and Nutrition May Influence Risk for Depression”**

**MGH Center for Women’s Mental Health**

<http://www.womensmentalhealth.org/posts/diet-and-nutrition-may-influence-risk-for-depression/>

“In a study published by the American Journal of Psychiatry this month, Jacka and colleagues looked at how overall diet patterns impact mental health...[The Study] findings suggest that a diet rich in processed food leads to higher rates of depressive illness. In an accompanying editorial, Dr. Marlene Freeman of the MGH Center for Women’s Mental Health notes, “It is both compelling and daunting to consider that dietary intervention at an individual or population level could reduce rates of psychiatric disorders. There are exciting implications for clinical care, public health, and research.”

# CREDITS

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