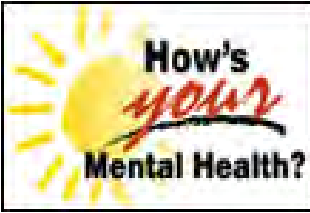


## How's Your Mental Health?



There are very real problems in our City, yet many people know relatively little about mental health topics. A study conducted by MHB found that almost one-third of city voters surveyed has an alcoholic in their immediate family, while 22 percent have a relative addicted to other drugs and 25 percent have a close relative who is mentally ill.

Devastating disorders such as schizophrenia, depression and bipolar disorder, Alzheimer's disease, the mental and behavioral disorders suffered by children, and a range of other mental disorders affect nearly one in five Americans, including many in our own city.

Additionally, nearly two-thirds of all people with diagnosable mental disorders do not seek treatment. When people understand that mental disorders are not the result of moral failings or limited will power, but are legitimate illnesses that are responsive to specific treatments, much of the negative stereotyping might go away.

The St. Louis Mental Health Board has teamed up with STL TV to bring you "**How's YOUR Mental Health?**" (HYMH), a locally based talk show series that deals with issues you might be facing. HYMH answers your questions and lists local places that could possibly offer you or your family the help you need.

Each edition of "How's *YOUR* Mental Health?" focuses on a topic that impacts the lives of many St. Louisans.

For a listing of STL TV "How's YOUR Mental Health?" cable show times logon to <http://stlouis.missouri.org/citygov/stltv/schedule.htm>.