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FOR IMMEDIATE RELEASE

LUNCHEON FOCUSES ON YOUNG ADULT SUICIDE PREVENTION Raising Awareness & Funding For Community Mental Health Services

On Wednesday, September 14, 2011, Metrocare Services, the largest nonprofit provider of mental and behavioral health services in Dallas, will host the *2011 Meal for the Minds* fundraising luncheon at the Belo Mansion.

Keynote Speaker, Drew Dudley, who today is a leadership speaker at several TEDx conferences, shares his story of living with Bipolar Disorder, his planned suicide, and the moment that changed it all.

More than 90% of those who die by suicide have a mental health issue. Often it is undiagnosed or untreated. 1 in 4 adults experience a mental health disorder. Without treatment, the consequences are devastating: unemployment, unnecessary disability, homelessness, substance abuse, unnecessary incarceration, and even suicide.

But there is hope. With treatment, 70 to 90 percent of patients have a significant reduction of symptoms and an improved quality of life. Metrocare is the safety net that often catches people as the illness appears and their life begins to unravel. With care and treatment at Metrocare, these patients regain control of their lives; finding confidence and hope along the way.

The *2011 Meal for the Minds* is an opportunity to learn more about the complex world of developmental disabilities and mental health, as well as show support for this worthy cause. For over 40 years, Metrocare, formerly known as the *Dallas County Mental Health Mental Retardation (MHMR) Center*, has provided mental health care for Dallas citizens. In 2010 Metrocare cared for almost 50,000 people with a mental illness or an intellectual or developmental disability.

The **Metrocare Auxiliary**, a group of 130 volunteers, is hosting the luncheon which will include the 4th annual **Edible Auction** featuring cakes from Dallas' top pastry chefs. The silent auction begins at 11 a.m. and if the aroma of buttercream icing doesn't make your mouth water, maybe the pile of chocolate covered strawberries will. Also back by popular demand is an art sale by **Art Focus XC**, an elite group of juried Dallas artists. Come early to browse their work beginning at 11 a.m. The lunch program begins at 11:45 a.m.

Sponsors include BlueCross BlueShield of Texas, The Law Offices of Coats & Todd, Direct Development, Morgan & Weisbrod The Social Security Disability Attorneys, Julie and Pierce Noble, Jean G. Holman, Mary Fae and Herb Kamm, and Regional Electric Services. Underwriters include FX Direct, Millet the Printer, Inc., PSAV, Society Bakery, and Southern Botanical. For sponsorship information contact Lindsay Zimmerman (214-743-1220). Tickets available online at metrocareservices.org. Individual seats are \$80 and sponsorships begin at \$1000. Limited seating available.

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For more information, please contact Lindsay Zimmerman (214-743-1220 or lindsay.zimmerman@metrocareservices.org). Information about Metrocare can also be found at www.metrocareservices.org.