



# NEWS

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## **Actress and Mental Health Advocate Mara Wilson to Keynote 2019 Meal for the Minds**

**DALLAS, TX** – Metrocare Services announced Mara Wilson as keynote speaker for the 2019 Meal for the Minds luncheon on Oct. 11. Wilson, best known for her childhood roles in Mrs. Doubtfire and Matilda, speaks openly about her own mental health and works to challenge stigma as a public figure. Tickets and sponsorships are available now at [metrocareservices.org](http://metrocareservices.org).

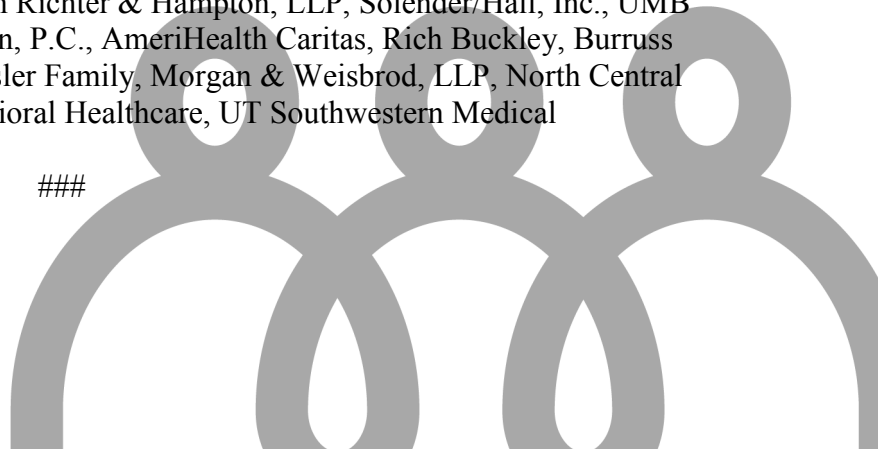
Wilson was diagnosed with Obsessive Compulsive Disorder at an early age and has written extensively about her experience, most notably in her memoir “Where Am I Now?: True Stories of Girlhood and Accidental Fame.” She is actively involved in mental health awareness initiatives and has most recently lent her voice to organizations such as Project UROK and Okay to Say.

“The goal for Dallas must be complete elimination of this stigma. It’s an honor to have Mara Wilson further that goal by speaking at Metrocare’s Meal for the Minds on how we can each play a role in ‘breaking the silence, fighting the stigma and changing minds,’” said John W. Burruss, M.D., CEO of Metrocare.

There has never been a more important time to talk about mental health. Three in four Texans have a friend or family member that has experienced a mental health issue. Metrocare aims to make a difference in lives by providing behavioral health, primary care, pharmacy, veteran services, housing and supportive services.

The Meal for the Minds luncheon is sponsored by Deedie Rose, The Rosewood Corporation, Disability Action Center, Okay to Say™, Sheppard Mullin Richter & Hampton, LLP, Solender/Hall, Inc., UMB Bank, Vincent Serafino Geary Waddell Jenevein, P.C., AmeriHealth Caritas, Rich Buckley, Burruss Law PLLC, Jane Burruss, Ph.D., J.D., The Geisler Family, Morgan & Weisbrod, LLP, North Central Surgical Center Hospital, Southern Area Behavioral Healthcare, UT Southwestern Medical Center/Southwestern Medical Foundation.

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## **About Metrocare Services**

Metrocare is the largest provider of mental health services in North Texas, serving more than 62,000 adults and children annually. For over 50 years, Metrocare has provided a broad array of services to people with mental health challenges and developmental disabilities. In addition to behavioral health care, Metrocare provides primary care centers for adults and children, services for veterans and their families, accessible pharmacies, housing and supportive social services. Alongside the clinical care, researchers and teachers from Metrocare's Altshuler Center for Education & Research are advancing mental health beyond Dallas County while providing critical workforce to the state. For more information, visit [metrocareservices.org](http://metrocareservices.org) or call 214-743-1200. Follow us on [Facebook](#) and [Twitter](#).

