

American Psychiatric Association, Patrick Kennedy To Debut New Consumer Guidebook “Understanding Mental Disorders”

Launch Event Tuesday April 28th 1pm at National Press Club; book releases May 1st

WASHINGTON, DC, UNITED STATES, April 27, 2015 /EINPresswire.com/ -- Understanding Mental Disorders: Your Guide to the DSM-5® will be officially published May 1 by American Psychiatric Publishing, a division of the American Psychiatric Association. The book debuts April 28th at 1pm at the National Press Club in Washington, D.C.. The launch event will feature an expert panel discussion moderated by APA President Paul Summergrad, MD. Guest speakers will include Former Congressman Patrick J. Kennedy, who wrote the foreword to the book; Paul Gionfriddo, President and CEO of Mental Health America; and Barbara Van Dahlen, PhD, President and founder of Give an Hour.

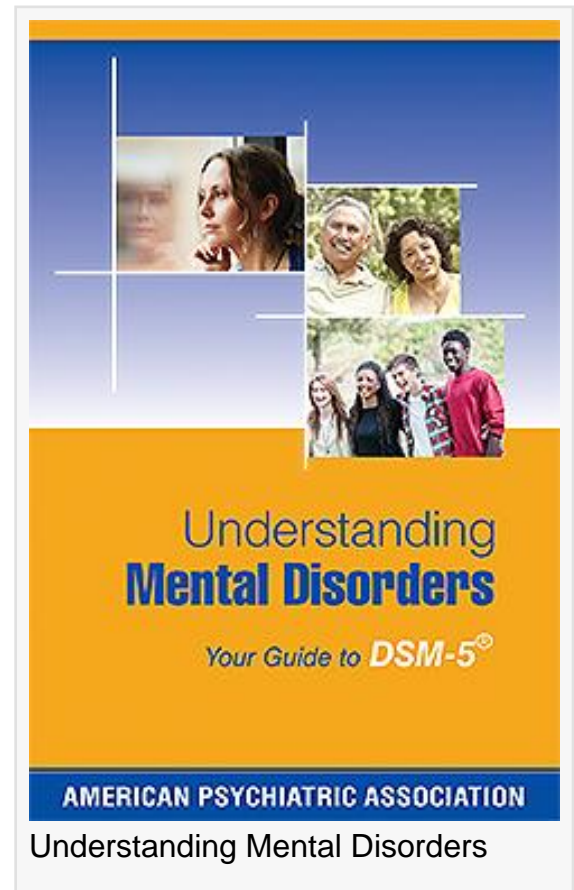
We are all familiar with the frequent and often-tragic major news events related to mental illness. But, with an estimated 1 in 4 Americans experiencing a mental disorder at some time in their lives, most of us also personally know someone who suffers from mental illness. Understanding Mental Disorders is a groundbreaking new consumer-focused guidebook designed to help those who may be

struggling with mental health problems, as well as their families, friends, co-workers and others. No other publication provides a comprehensive overview of the complex maze of mental illness diagnosis in such understandable language and easy-to-use format. Based on the latest edition of the mental health professional guidebook Diagnostic and Statistical Manual of Mental Disorders—DSM-5®—Understanding Mental Disorders provides valuable layman’s insight on what to expect from a mental illness and its treatment. This easy-to-understand book helps readers recognize symptoms, know when to seek help, and get care for disorders including depression, schizophrenia, ADHD, autism spectrum disorder, posttraumatic stress disorder, and bipolar disorder, among others.

WHO: American Psychiatric Association, Former Congressman Patrick Kennedy

WHAT: Book launch and press conference “Understanding Mental Disorders”

WHERE: National Press Club’s First Amendment Lounge | Address: 529 14th Street NW Washington DC



WHEN: Tuesday April 28th, 2015 1pm

Readers of Understanding Mental Disorders will find clear, concise descriptions for non-experts, specific symptoms for each disorder plus risk factors and warning signs, related disorders, ways to cope, tips to promote mental health, personal stories, key points about the disorders and treatment options, a special chapter dedicated to treatment essentials and ways to get help, helpful resources including a glossary, list of medications, support groups and more. Find out more online at www.psychiatry.org/UnderstandingMentalDisorders.

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