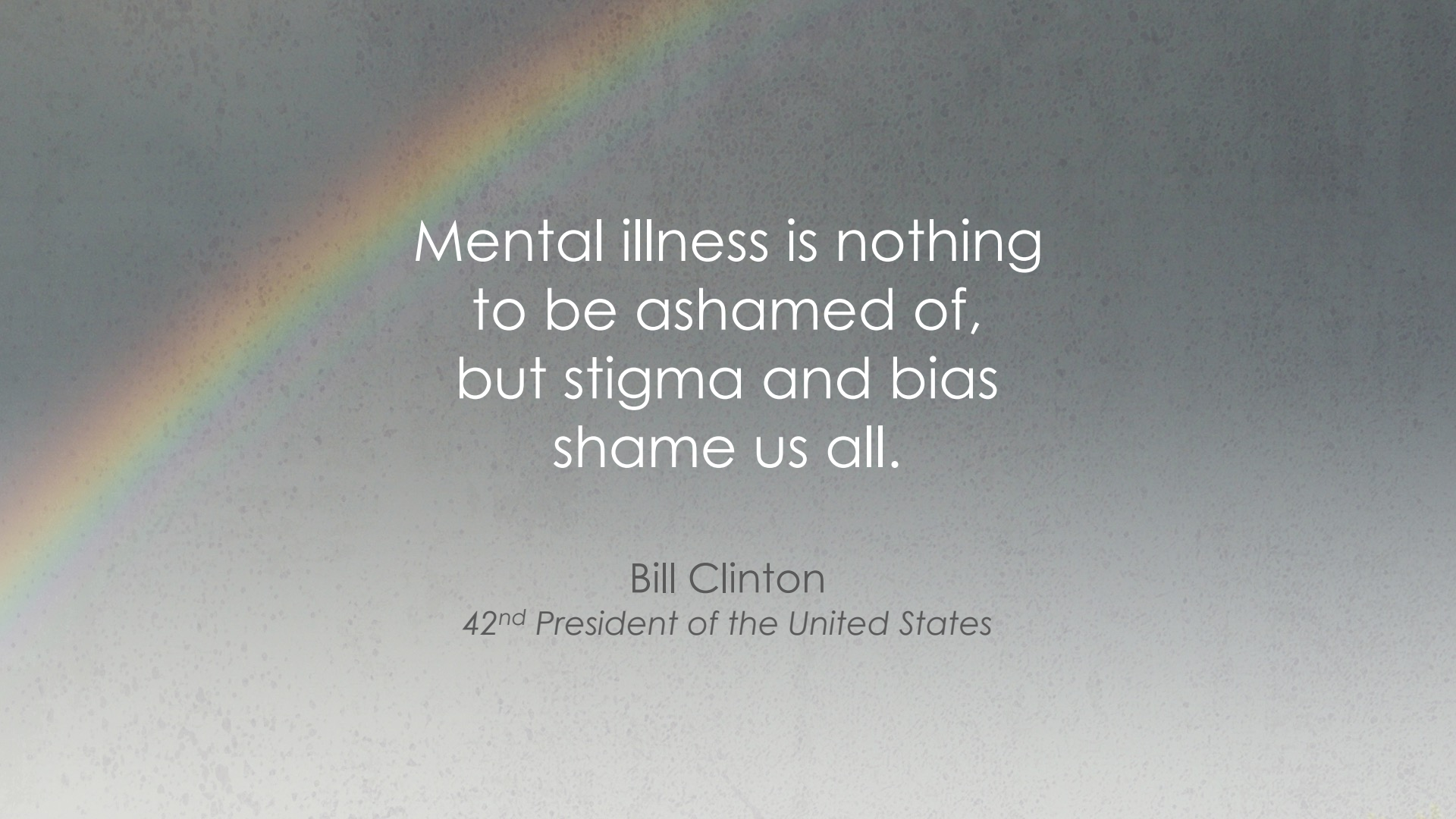




Welcome!








Mental illness is nothing
to be ashamed of,
but stigma and bias
shame us all.

Bill Clinton

42nd President of the United States





A Big **Thank You** to our
Sponsors and Friends

THE SHOP



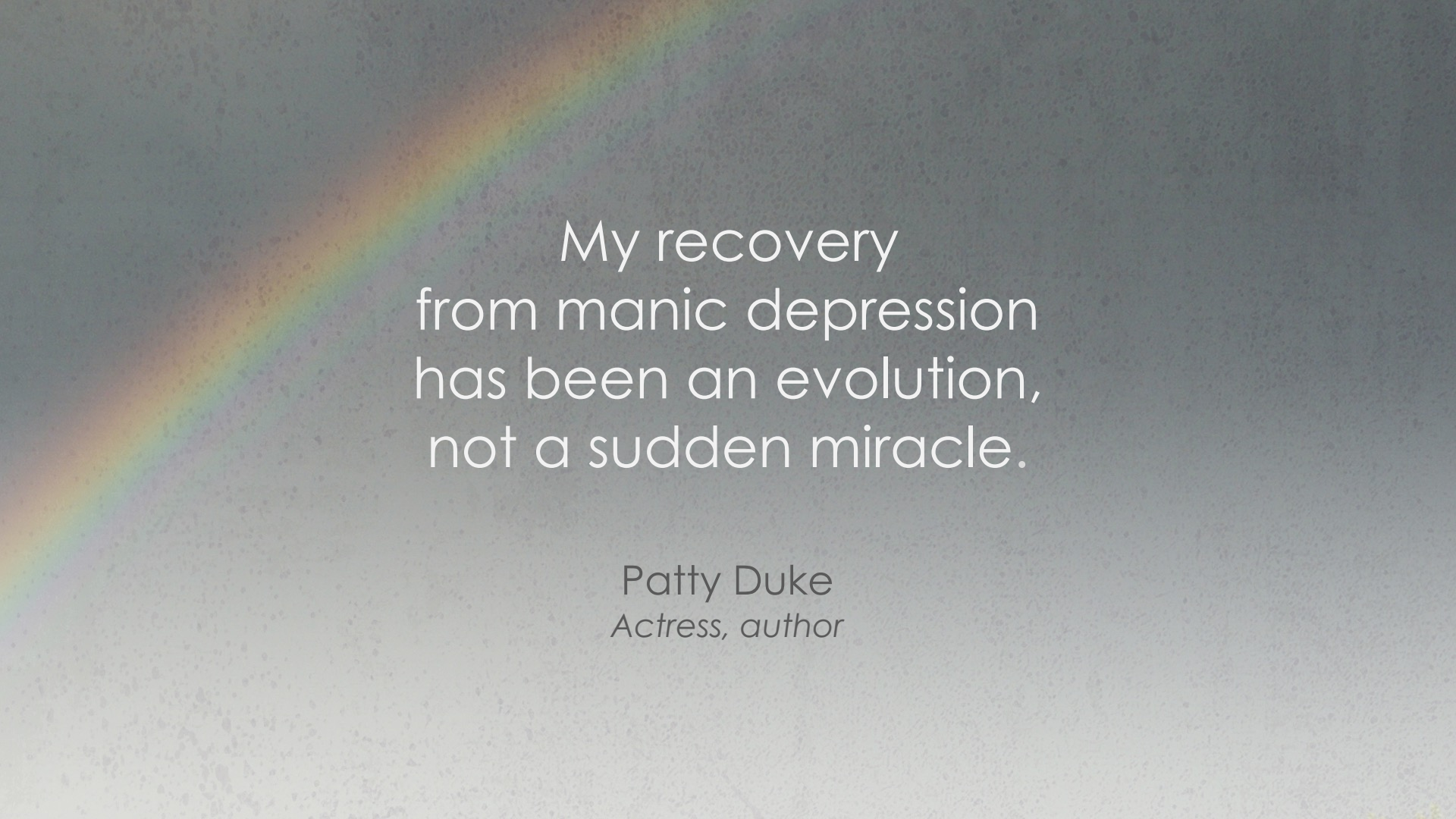


nami

National Alliance on Mental Illness

GREATER SEATTLE



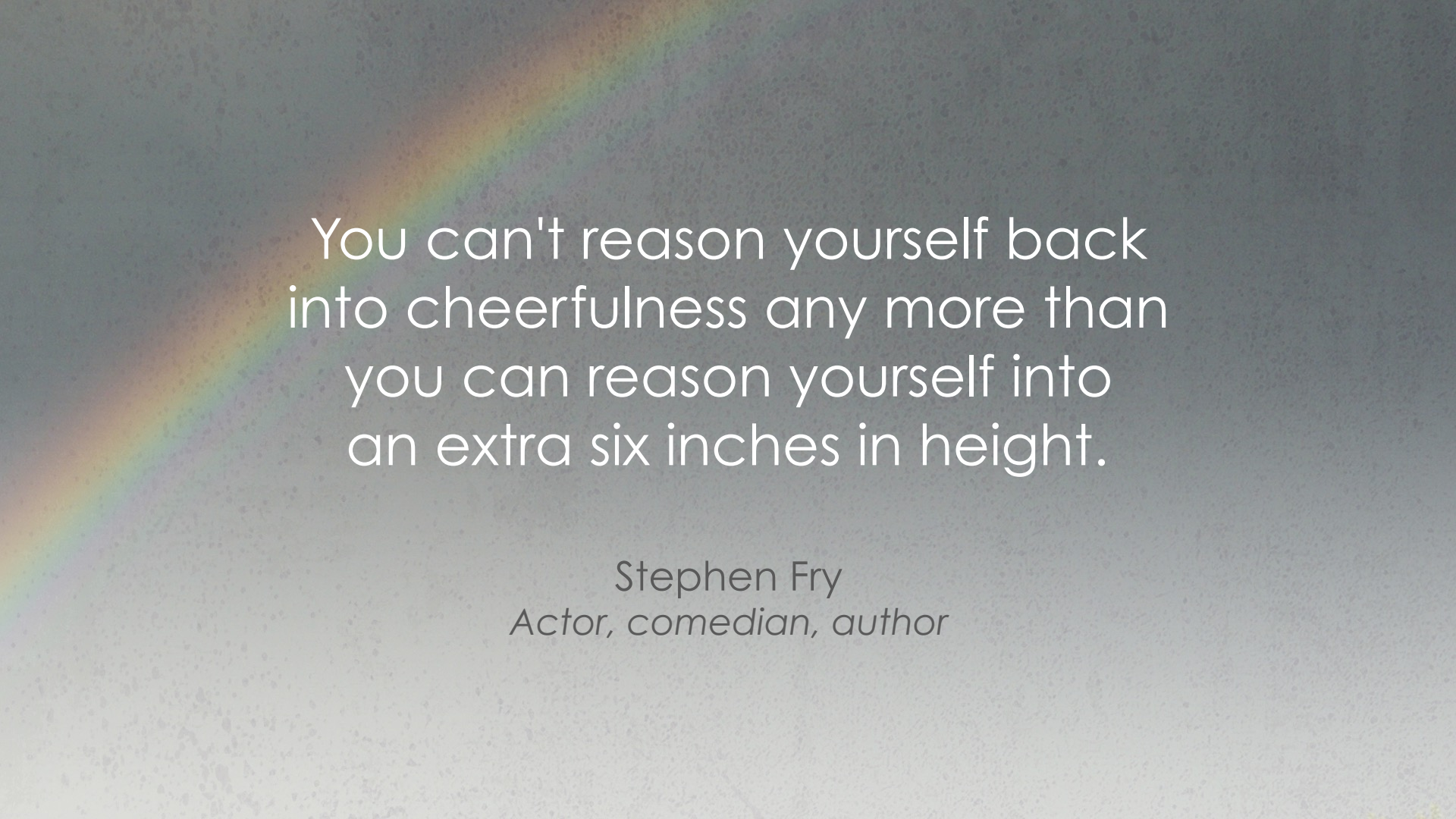


My recovery
from manic depression
has been an evolution,
not a sudden miracle.

Patty Duke
Actress, author







You can't reason yourself back
into cheerfulness any more than
you can reason yourself into
an extra six inches in height.

Stephen Fry
Actor, comedian, author

Mrs Cakey

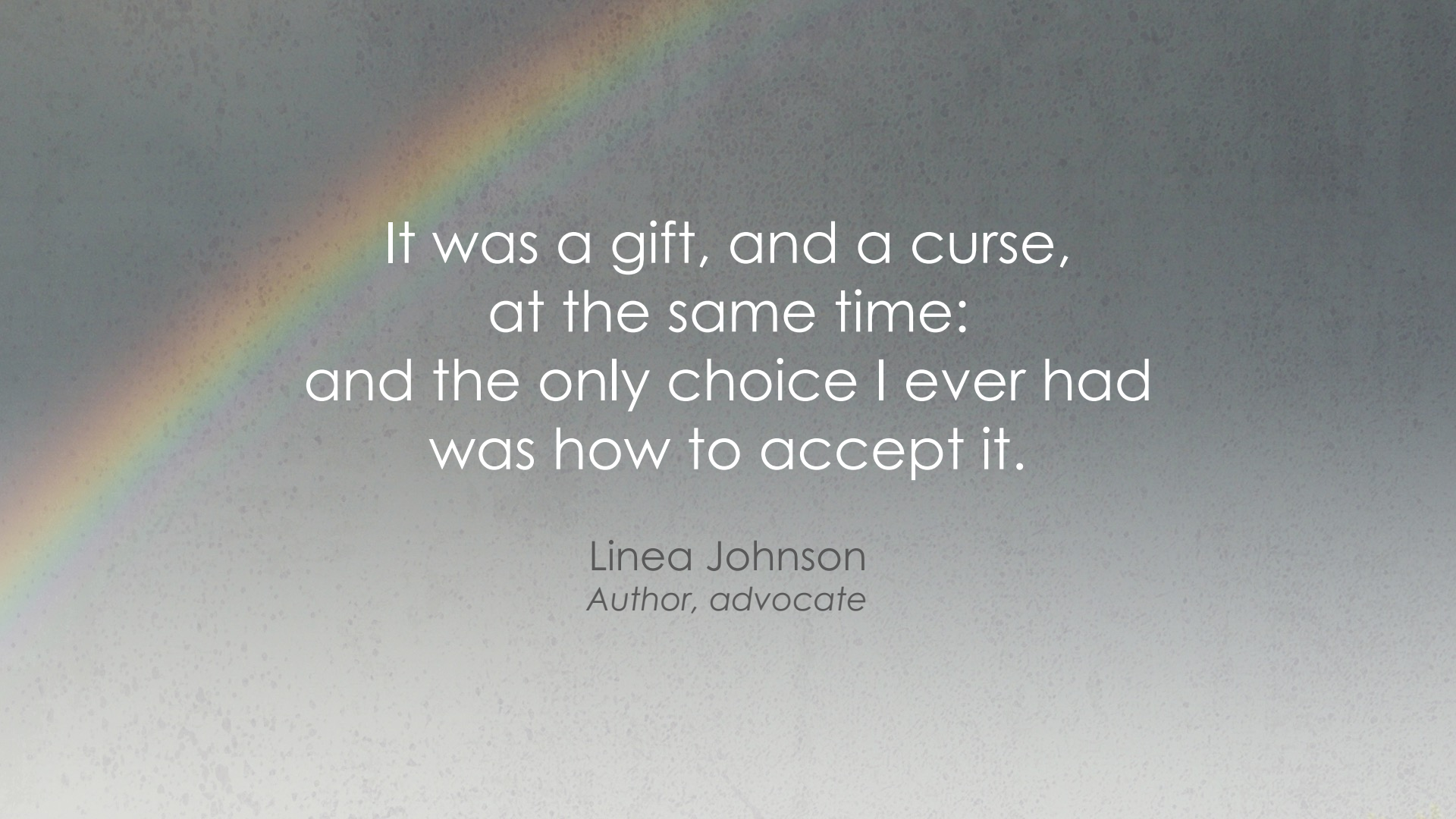




Just pull yourself together



A GLUTEN FREE BAKERY



It was a gift, and a curse,
at the same time:
and the only choice I ever had
was how to accept it.

Linea Johnson
Author, advocate



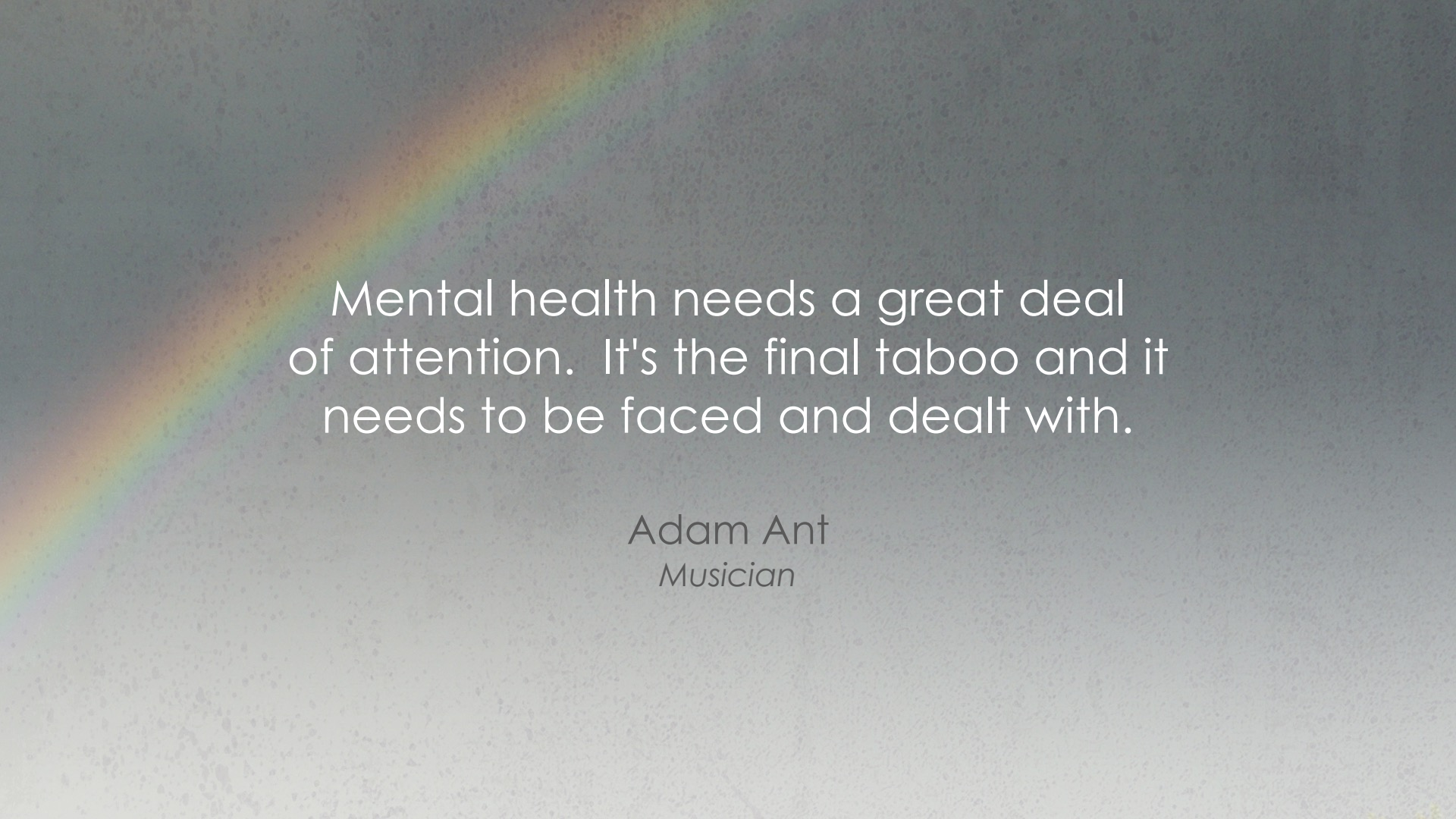
*Mardy
Mabel*

sardonic
greetings cards
& gifts

Curl up and hide...





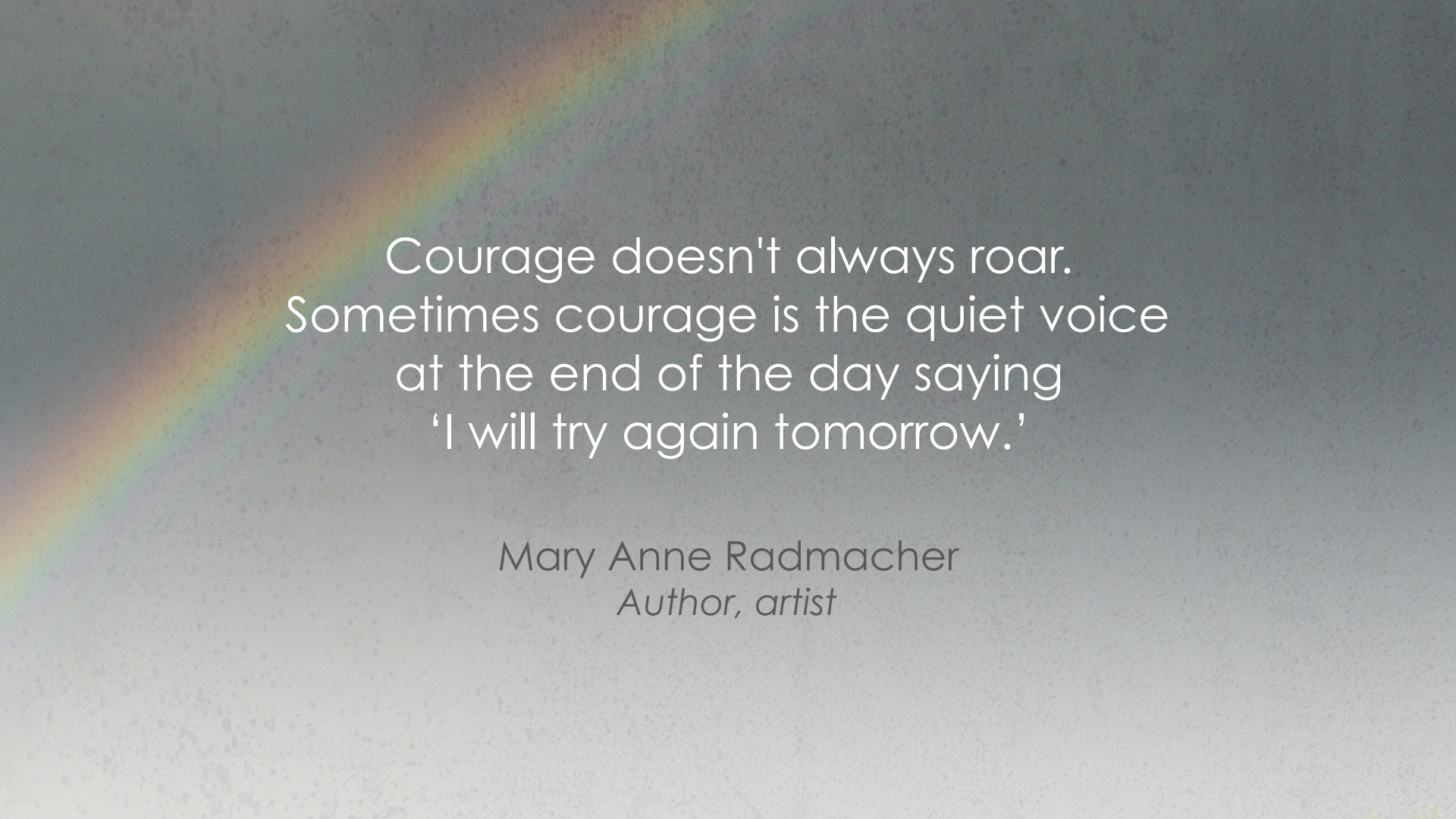


Mental health needs a great deal
of attention. It's the final taboo and it
needs to be faced and dealt with.

Adam Ant
Musician







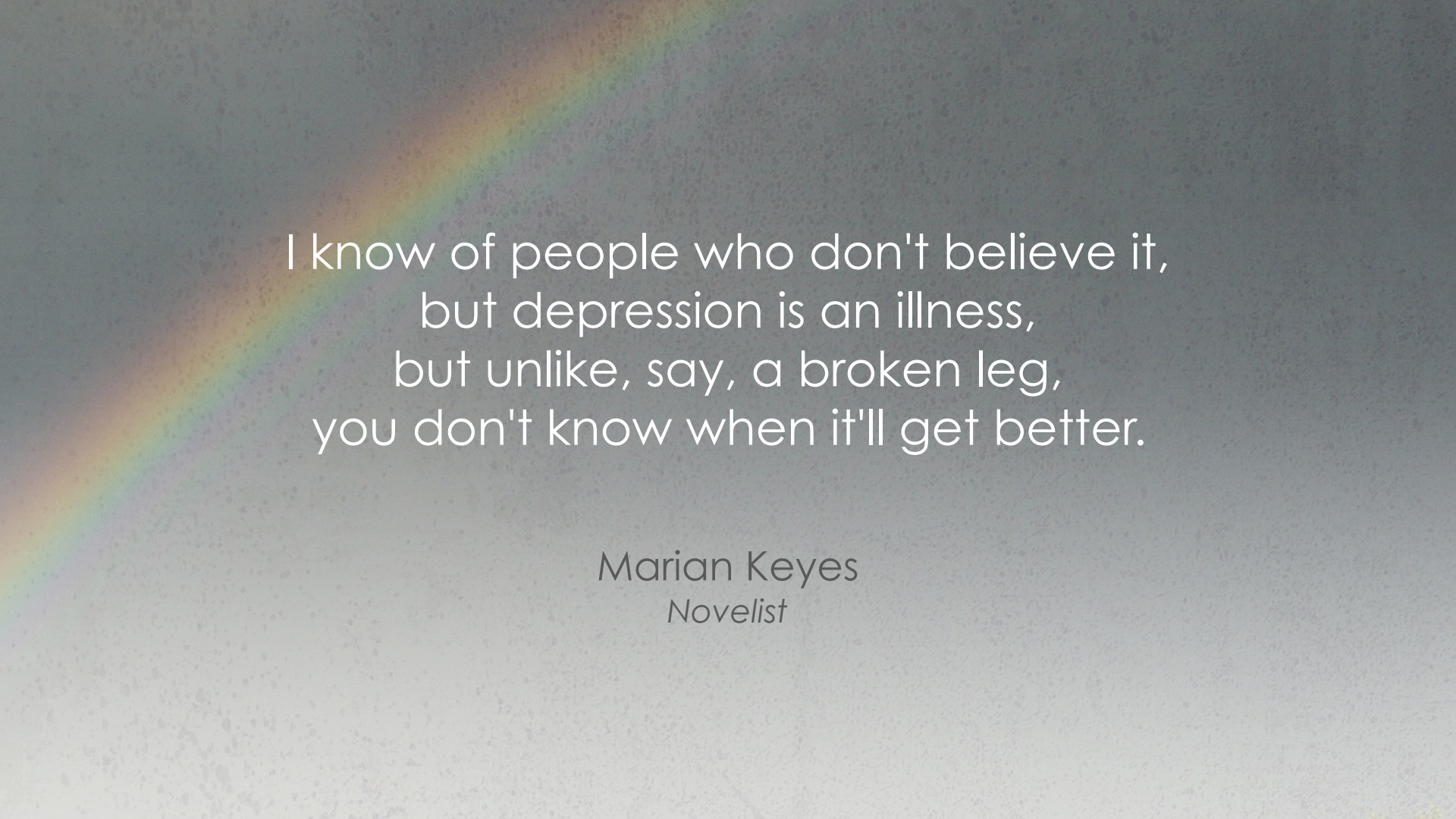
Courage doesn't always roar.
Sometimes courage is the quiet voice
at the end of the day saying
'I will try again tomorrow.'

Mary Anne Radmacher
Author, artist










I know of people who don't believe it,
but depression is an illness,
but unlike, say, a broken leg,
you don't know when it'll get better.

Marian Keyes
Novelist





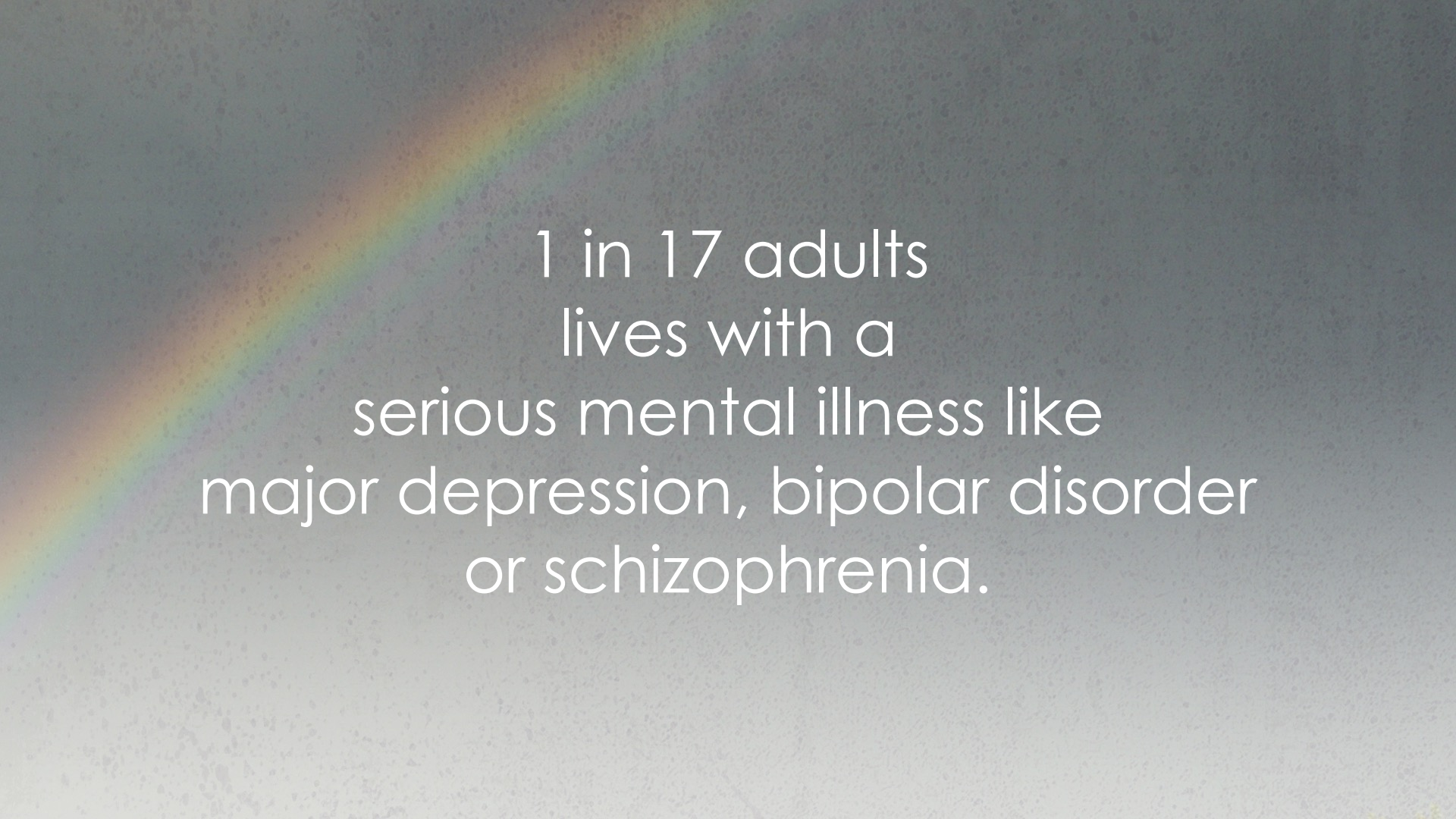


1 in 10 youth
lives with a
mental health condition
that interferes with their
day-to-day lives.









1 in 17 adults
lives with a
serious mental illness like
major depression, bipolar disorder
or schizophrenia.



Gray Sweets
Support **NAMI**

what r u doing tomorrow?

checking out
The Depressed Cake
Shop!!!

it pops up at
Sole Repair Shop
1001 E Pike
10 a.m.





I find that stability is good for my
creativity.

Ellen Forney
Cartoonist, author



**THE DEPRESSED
CAKE SHOP**

**HELP
ME!**

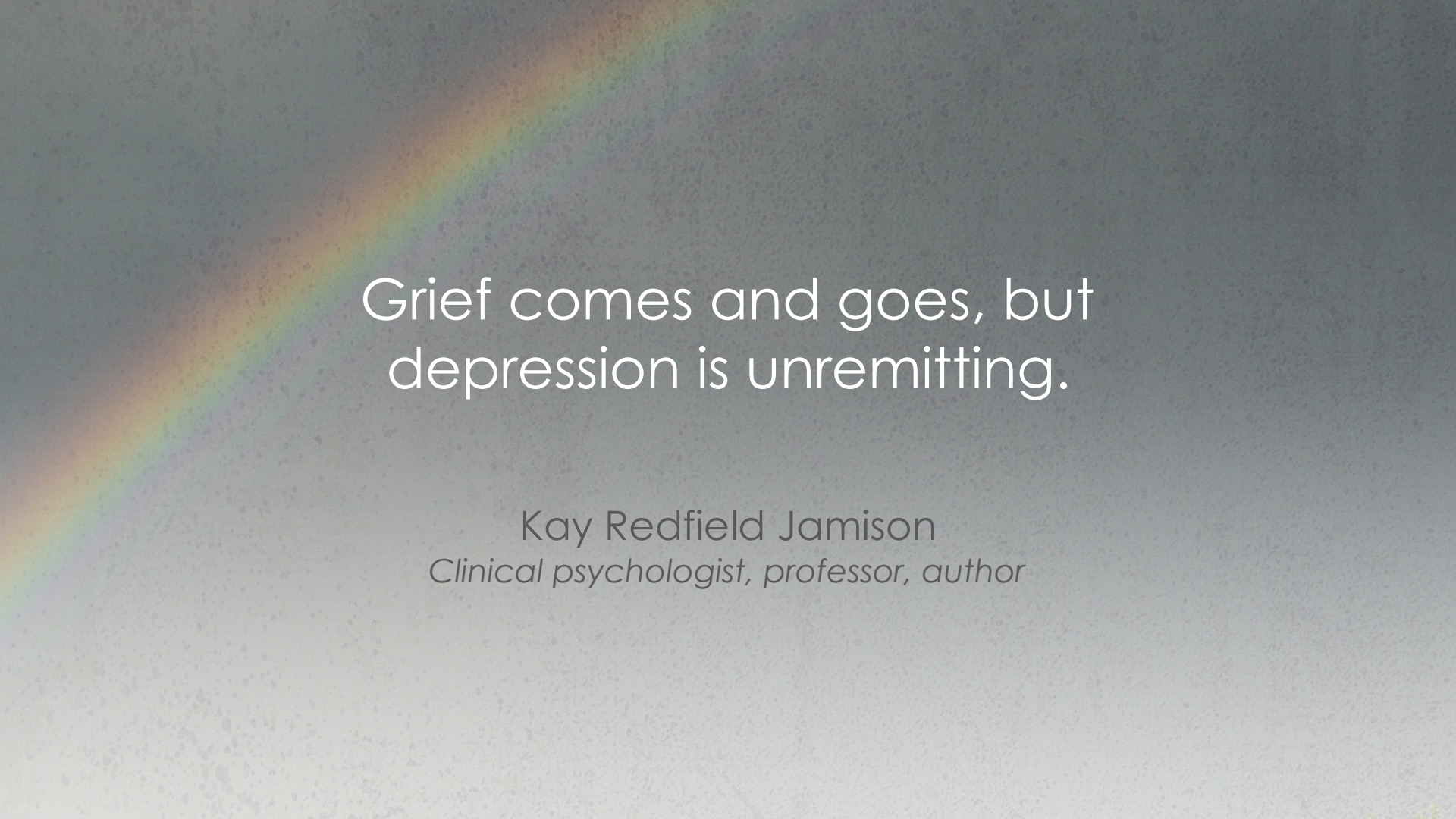


Need help?



education support referral advocacy

206.783.9264
www.nami-greaterseattle.org



Grief comes and goes, but
depression is unremitting.

Kay Redfield Jamison
Clinical psychologist, professor, author

THE DEPRESSED CAKE SHOP

Tasty Cakes That Are Feeling A Little Grey!

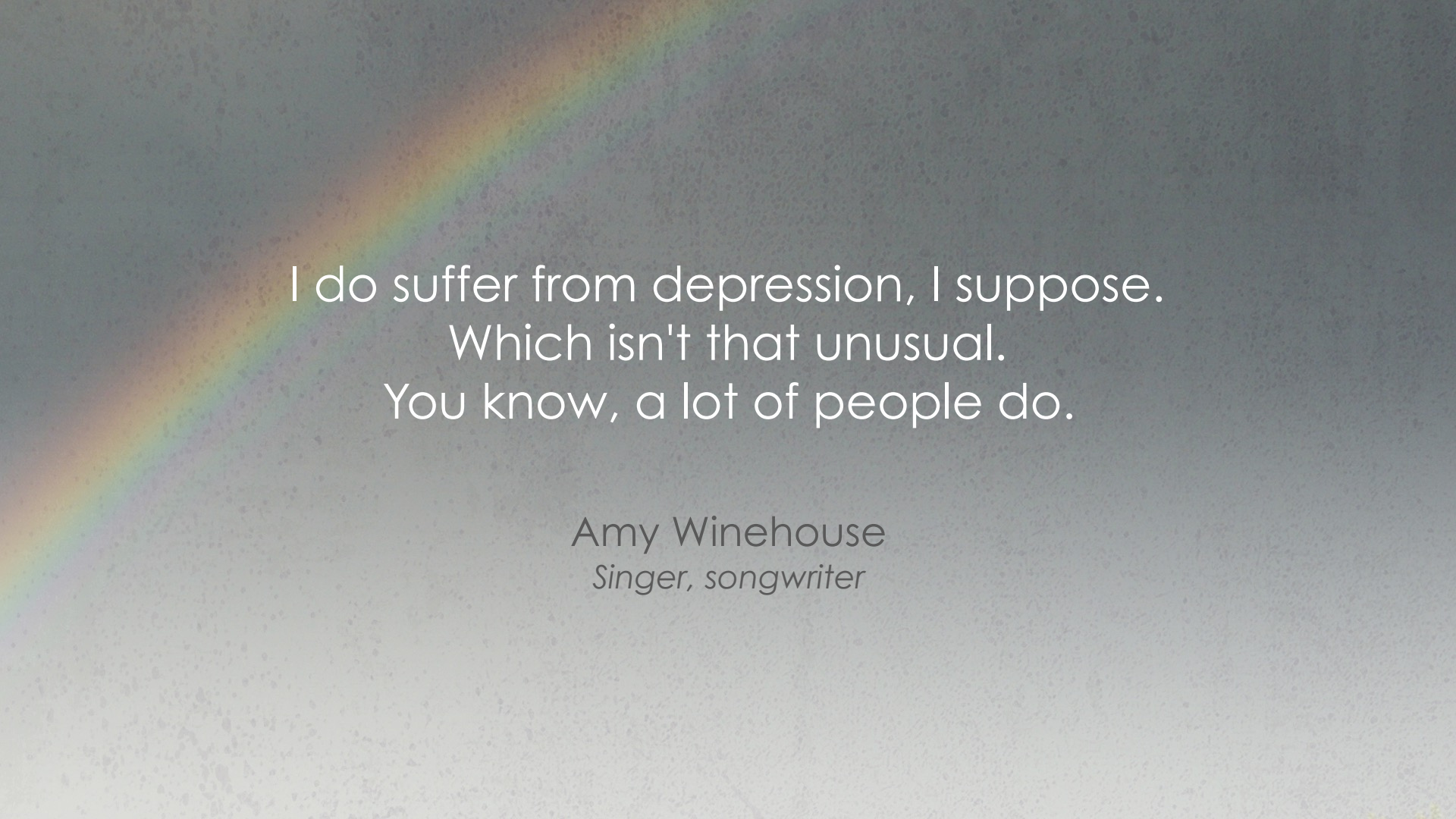


The Depressed

Cake Shop

Oct 5






I do suffer from depression, I suppose.
Which isn't that unusual.
You know, a lot of people do.

Amy Winehouse
Singer, songwriter








With proper care and treatment,
between 70 and 90 percent of persons
with mental illnesses experience
a significant reduction of symptoms
and an improved quality of life.



Sorrowful S'more



**Saucy Pirate
Catering**



Mental illnesses are
more common
than cancer, diabetes,
or heart disease.

U.S. Surgeon General's Report

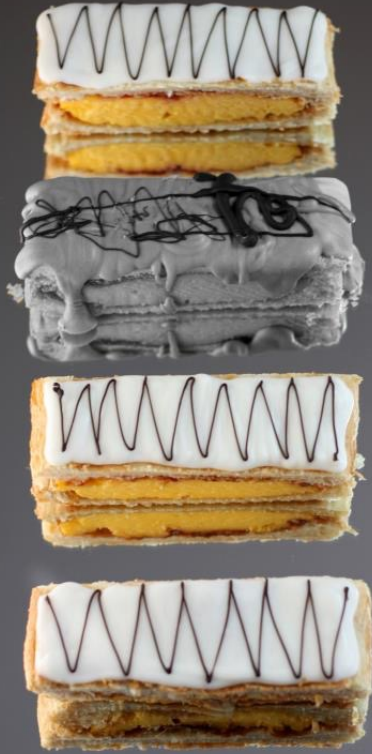


I hope the weather will remain gloomy, to match my mood.



At times, being bipolar can be an all-consuming challenge, requiring a lot of stamina and even more courage, so if you're living with this illness and functioning at all, it's something to be proud of, not ashamed of.

Carrie Fisher
Actress, screenwriter, author



One in four people will experience a Mental Health problem

stuffed  **cakes™**





You are not alone.




National Alliance on Mental Illness
GREATER SEATTLE

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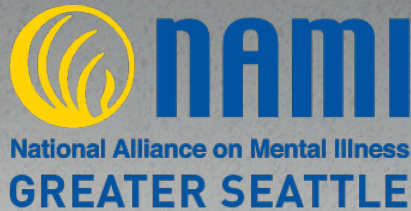


1 in 4 adults
experience a
mental health problem
in any given year.



cake*spy*.com

There's hope.



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