

NEWS

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Is It More Than the Economy That Is Depressed These Days? Learn more at MHAFC's National Depression Screening Day event on October 8th

With layoffs and unemployment rates making headlines almost everyday, it is common and understandable to feel anxious about your economic future. In fact, research indicates that more people are seeking mental health services as a result of the recession.

According to a survey of 3,307 adults, demand for psychiatric and mental health services nearly doubled in the first quarter of this year—from 4 percent in January to 7 percent in April.

Negative feelings are normal, appropriate, and even necessary during life's difficult moments, but when worry, anger, or stress prevent you from performing your daily activities or interacting with friends and loved ones, it might be time to seek help.

If you can't remember the last time you felt optimistic or hopeful, take advantage of MHAFC's National Depression Screening Day event on **October 8, 2009**. As part of the program you will have the opportunity to complete a brief, written questionnaire; learn about the symptoms of depression, and how to help a friend or family member who may be at risk. You will also have the option of talking to a health care professional about any concerns you may have. Screenings will be offered from 12-4 pm at the YWCA - 65 S, Fourth St. (Downtown Columbus).

Some facts about depression:

- Depressive disorders affect approximately 18.8 million American adults or about 9.5% of the U.S. population age 18 and older in a given year.
- Trauma, loss of a loved one, a difficult relationship, or any stressful situation may trigger a depressive episode. Subsequent depressive episodes may occur with or without an obvious trigger.
- Depressive disorders cost employers more than \$51 billion per year in absenteeism and lost productivity, not including high medical and pharmaceutical bills.
- More than 80 percent of people with clinical depression can be successfully treated. With early recognition, intervention, and support, most individuals can lead productive lives.

Mental Health America of Franklin County helps people navigate the mental health system and advocates on their behalf.