

Depression: Let's talk

By Nina Novikoff, HR Director

April 7th is World Health Day. Each year, the World Health Organization focuses on a specific health topic of concern to people across the globe. This year, the World Health Day campaign is focused on depression, the second leading cause of death among 15-29-year olds.

Depression affects people of all ages, and can impact an individual's ability to carry out even the simplest daily tasks. This illness causes mental anguish that can impact relationships with family, friends, and work colleagues. At worst, depression can lead to suicide.

The stigma associated with mental illness prevents people from seeking help when

they need it. The hope of the campaign is that through education and awareness of what depression is and how it can be prevented and treated, we can reduce the stigma associated with the condition, leading to more people seeking help.

Depression can affect anyone, so this campaign is for everyone. Get involved. If you or someone you know is suffering from depression, get help.

For more information about the Depression: Let's talk campaign, visit the World Health Organization Website: www.who.int.

Prior Hospital Happenings available at <http://www.fcphd.org/news.html>

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