

October is Depression Awareness Month

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. (National Institutes of Mental Health, "The Numbers Count: Mental Illness in America")

- *There are 22 players at any given point playing in a football game. Because depression affects people indiscriminately, statistics suggest that two of those players will be depressed.*
- *If 100 fans are watching that game, almost ten of them will be depressed. If there are 10,000 fans, 950 will be depressed.*
- *And if you're in a line or crowded elevator with nine other adults, statistics suggest that one of you is likely to be depressed as well: sleeping or eating poorly, increasingly irritable, decreasingly satisfied with life, or experiencing other symptoms.*

By the year 2020, the World Health Organization (WHO) estimates that depression will be the number two cause of "lost years of healthy life" worldwide.

Dear Colleagues,

This October the State of Minnesota is promoting depression awareness and screening tools for its employees and families.

Depression is a common and treatable medical condition that often causes feelings of sadness, loss of interest, withdrawal from others, and a loss of energy and confidence. Depression has an enormous impact on a person's ability to pursue happiness and diminishes our drive to succeed and enjoy life.

SEGIP Health Solutions has partnered with our health plans and LifeMatters EAP to provide private self-screening tools and information about depression.

Depression is an illness, not a weakness. If you suspect that you or a loved one may be depressed, it's important to address the problem right away

Now is a good time to screen for depression. The sooner it is addressed, the quicker the recovery.

Go to <http://www.mmb.state.mn.us/oct-dep-learn> for links to depression information and screening tools.