



DID YOU KNOW THAT...

- ✓ **Depression is a common disease** and a critical public health issue, affecting more than 120 million people worldwide and almost ten percent of the population in the United States alone.
- ✓ The World Health Organization has predicted that by the year 2020, depression as a disease will rank as the **second leading cause of disability worldwide**.
- ✓ People from every culture, ethnicity and socioeconomic level can suffer from depression.
- ✓ Depression can be reliably diagnosed and treated, but **fewer than 25 percent of people with depression receive effective treatment**.
- ✓ The treatment success rates for such disorders as depression (more than 80 percent), panic disorder (70-90 percent) and schizophrenia (60 percent), **surpass those of other medical conditions**, such as heart disease (45-50 percent). (National Advisory Mental Health Council Report, 1993)
- ✓ Only about 21 percent of children in the United States who need mental health services **actually receive them**. (American Journal of Psychiatry, Sept. 2002)
- ✓ Depression places people at risk for suicide. About two-thirds of the people who complete suicide **are depressed at the time of their deaths**.
- ✓ Suicide claims the lives of about **30,000 people each year** in the United States alone.
- ✓ The suicide rate is **highest among the elderly**, especially among single white men age 85 and over.
- ✓ **The suicide rate has risen more than 200 percent** in the last 50 years among youth between the ages of 15 and 24 – and is now the third leading cause of death in that age group.
- ✓ Nearly **two-thirds of high students report having considered suicide** at some point. In the Commonwealth of Virginia alone, an average of one middle or high school student dies by suicide per week.
- ✓ About **every two hours**, a young person kills himself or herself. (American Association of Suicidology, 2002)
- ✓ Nearly 15 percent of college students have been diagnosed with depression. (American College Health Association, 2004)
- ✓ Most people who are suicidal don't really want their *lives* to end. But they are feeling so **hopeless and helpless** that they can't think of any other way to make their *pain* end.
- ✓ Most people who are suicidal **show signs of intent** prior to their attempts. Learning how to recognize those warning signs can save many lives!

