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<https://www.auroraarizona.com/blog/depression-awareness-month>

# Depression Awareness Month

Depression is a widespread mental health condition. Depression affects 322 million people around the world, and in the US, over 15 million adults experience depression each year. Additionally, many cases of depression go unreported. To address the problem of depression, behavioral health advocates participate in Depression Awareness Month each October. During the month, people work to educate others on the signs, symptoms, and consequences of depression. Advocates also work to inform people who suffer from depression that recovery is possible.

## Causes of Depression

- Experiencing trauma or abuse
- Battling illness
- Facing substance abuse
- Losing a loved one
- Sudden life changes
- Social isolation
- Adverse childhood experiences

## Getting Involved

During Depression Awareness Month, people can participate by sharing educational materials on depression with their family and friends. You can share content online or discuss the topic of depression in person. Additionally, you can share resources for people who may be experiencing depression, including the Substance Abuse and Mental Health Services Administration's (SAMHSA's) hotline. People who may be experiencing depression or other mental health issues can speak with a trained professional 24/7 for support at 1 (800) 662-4357.

It is important to note that the above events and experiences are likely to cause sadness for everyone, and feeling sad at times is a normal part of life. Depression differs from a normal experience of sadness in a few key ways. When a person is depressed, the person's sadness extends for months or years. The feelings of sadness may also be particularly intense, and they may also come with feelings of worthlessness and general apathy. Depression also may come with physical symptoms, such as sudden changes in a person's sleep schedule and appetite.

