

## ***Another Weekly Update from 'H' and 'J'...***



## **Depression Awareness Week**

**18<sup>th</sup> – 24<sup>th</sup> April 2010**

Depression Alliance is the leading UK charity for people affected by depression. Each year they hold Depression Awareness Week to raise awareness of depression and raise money to support those in need.



### **Did you know...**

- 1 in 5 people will have depression at some point in their lives.
- More than 2.9 million people in the UK are diagnosed as having depression at any one time.
- As many as 3 in 4 cases of depression are neither recognised nor treated, so the actual figure is much higher.
- More than 70% of recorded suicide is committed by people with depression.
- The World Health Organisation estimates that by 2020, major depression will be second only to chronic heart disease as an international health burden.



To find out more, go to [www.depressionalliance.org](http://www.depressionalliance.org)

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**OASIS1**