
Press Information

„Depression treat and defeat!“

8th European Depression Day on October the 1st in 2011 – Active help against depression

Berlin (Germany), 21st of September 2011 – Under the motto „Depression treat and defeat!“, the 8th European Depression Day calls attention to one of the most prevalent psychiatric disorders which is still a taboo in society. The likelihood to suffer from depression in the course of one's life is 16 to 20 per cent. In industrialized countries, depressive disorders are the leading cause of years of life lived with disability (compared to other diseases). About 4 million people in Germany are suffering from a depressive disorder for which treatment is required. Unfortunately, only a fraction of people suffering from depression are receiving adequate treatment. “The most important thing is to recognize depressive disorders early enough, to diagnose them correctly and to use the multitude of therapeutical options in an adequate and consistent way. In most of the cases it is possible to achieve a long-term therapeutical success and to overcome the disorder“, says Prof. Dr. Detlef Dietrich, Representative of the European Depression Association (EDA) in Germany and Medical Director of AMEOS Clinic Hildesheim, on the 8th European Depression Day (October, 1st 2011). Unfortunately, this is rarely the case. That is why public relations on the European Depression Day (European Depression Day, EDD) is of great importance. Going hand in hand with the EDD, many different events are taking place across Germany, such as regional lectures and information events or other activities like the “Run against Depression”, which is taking place in different regions in Germany in cooperation with the regional “Alliances Against Depression”.

Research and Treatment

During the last decades, considerable progress has been made in the treatment of depression. In addition to modern medicamentous therapies, there are many non- medicamentous methods such as light therapy and wake therapy and most of all psychotherapeutical methods of treatment. For the majority of patients, the most successful treatment is a combination of medicamentous and psychotherapeutical treatment, if applicable combined with supporting methods such as body therapy and wake therapy. Often, a combination of different therapy methods, which are reasonably fitted together and adapted to the individual, is best suited to achieve a sufficiently fast and - most importantly - long term improvement. Working hand in hand with the "Stiftung Deutsche Depressionshilfe" [English: Foundation German Depression Aid] and the “Alliances Against Depression”, the European Depression Association, will outline the newest developments. This year, the 8th European Depression Day is under the motto: „Depression: Treat and defeat“ and is intended to inform about the prospects of early recognition of depression as well as therapeutical

and continuing activities which can make a contribution to the long-term defeat (cure) of depression.

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