



Did You Know?

December 2016

Just Tell One: Struggling with depression and/or addiction is never easy. Somehow the holiday season seems to make it feel worse. But, just finding that ONE person to talk to and confide in can make all the difference.

If you are struggling with:

Depression:

- Depression is a mental health condition.
- Approximately 10-20% of teens and young adults in the U.S. suffer from depression.
- Signs or symptoms of depression include:
 - Persistent sadness, hopelessness or feelings of emptiness, loss of interest in hobbies and other activities, and/or difficulty concentrating, remembering, or making decisions
- Depression can be managed and treated.

Addiction:

- Alcohol or other drug abuse is a disease, and should not be a cause of embarrassment.
- Approximately 10% of Americans have abused an illicit drug in the past month.
- Signs or symptoms of addiction include:
 - Craving or feeling like you have to have the drug, experiencing symptoms when trying to stop using the drug, failing at attempts to stop using, not meeting obligations to family, work, or friends, and/or spending money on the drug even if you can't afford it
- Addiction is a disease that can be treated and managed in various ways.

“Help is available. You just have to ask.”



Source: www.justtellone.org, www.mayoclinic.org, www.drugabuse.gov

USE for PRESS RELEASE More info: Megan Dumpleton 716-831-2298 megan@eccpasa.org

The Erie County Council for the Prevention of Alcohol and Substance Abuse, Inc., publishes Did You Know, a regular update about alcohol & other drugs - - America's #1 public health problem. ECCPASA • 1625 Hertel Ave., Buffalo, NY 14216 • 716-831-2298 • www.eccpasa.org