

News Release for Immediate Release or Next Issue
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River Valley District
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Come to the Silent Epidemic!

Bring loved ones, family members and friends, to the upcoming program on overcoming depression, *The Silent Epidemic* Monday, November 18th at 6:30 p.m. in the Blair Theater (1310 19th Street, Belleville). The Theater is located south of the Courthouse square in downtown Belleville.

Depression affects people from all walks of life, no matter what their background. It affects one in ten people of all ages. It is very treatable, but only about half of all Americans who are diagnosed with depression in a given year get treatment. Those who do seek treatment wait months or even years to get help.

Most people look up to coaches. We never think they are battling anything, but producing a winning team. Mark Potter was a former head basketball coach at Newman University. He is a teacher, husband, and father. Mark will share a powerful message about his experience with depression at the height of his basketball coaching career. He will also share his greatest victory – overcoming severe depression!

Getting treatment for depression is important. Depression is the primary reason why someone dies of suicide about every 13 minutes. A person may feel trapped like there is no way out. A sense of no hope prevails. Sometimes caregivers feel helpless providing care to their loved ones suffering from depression. This program will help encourage, motivate, and bring new attitudes to get a person thinking.

Nanette, Mark's spouse, will share her role as a caregiver and what a person can do to help someone you love. The two of them together bring the battle of severe depression full circle. Their program will also provide practical ideas for wellness. Mark will encourage others suffering from depression to seek assistance. He has devoted his life to educating and motivating people from all walks of life to overcome depression.

Mental illness is often not talked about in the United States. For some people, major depression can result in severe impairments that interfere with or limit one's ability to carry out major life activities. This program was planned to help people dealing with depression and help their caregivers. Mark's words of encouragement will stick with you. Spread the word about this program and invite your family and friends to attend.

The program is free and is provided by a Culture of Health Grant and K-State Research & Extension, River Valley District. Snacks will be provided. For more information, contact District Extension Agents, Sonia Cooper and Deanna Turner at the Clay Center Office by calling 785-632-5335.

Circle Monday, November 18th on your calendar, take the first step, and come to *The Silent Epidemic!*