

News Column for Use Week of 09/16/2019
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River Valley Extension 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*. This event will be held on Monday, November 18th at 6:30 p.m. in the Blair Theater (1310 19th Street, Belleville). Depression affects people from all walks of life, no matter 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 is the speaker of *The Silent Epidemic* program. He was a former head basketball coach at Newman University. He is a teacher, husband, and father. Mark will share 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 one suffering from depression. This program will help encourage, motivate, and bring new attitudes to get a person thinking.

Nanette, Mark's spouse, will join him during the presentation and share her role as a caregiver and what you can do to help someone you love. The two of them together bring the battle of severe depression full circle. Their presentation will 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, circle Monday, November 18th on your calendar, and plan to attend.

This free program is provided by a Culture of Health grant and K-State Research & Extension, River Valley District. For more information, contact District Extension Agents, Deanna Turner, or Sonia Cooper in the Clay Center Office at 785-632-5335.

Take the first step and come to *The Silent Epidemic*!