



October is National Depression Awareness Month

The month of October has been designated National Depression Awareness Month. Additionally, October 11th is National Depression Screening Day (held annually on the Thursday of the first full week in October). Project AWARE Ohio has developed an information brief entitled: *Depression in Adolescents*. Please refer to that information brief (which can be found at: <http://resources.oberlinkconsulting.com/>) for an introduction to depression in adolescents, an understanding of the risk and protective factors, and suggestions for how schools can help adolescents experiencing depression. Included both in the information brief and below is a listing of online resources for adults working with depressed youth.

Depression Awareness Resources

- **Erika's Lighthouse - A Beacon of Hope for Adolescent Depression:** Erika's Lighthouse offers a variety of programs for classrooms and works to educate school communities on teen depression, eliminate the stigma associated with mental illness and empower teens to take charge of their mental health. <http://www.erikaslighthouse.org/>
- **HelpGuide:** This is a guide to inform and educate families and friends about how to provide useful help to a loved one suffering from depression. The HelpGuide goes over six firm rules to follow to achieve success when helping a loved one but, at the same time, staying emotionally stable. <https://www.helpguide.org/articles/depression/helping-a-depressed-person.htm>
- **iFred (International Foundation for Research and Education on Depression):** iFred's mission is to shine a positive light on depression and eliminate the stigma associated with the disease through prevention, research and education. Its goal is to ensure 100 percent of the 350 million people affected by depression seek and receive treatment. <http://www.ifred.org/>
- **Anxiety and Depression Association of America (ADAA):** ADAA is an international nonprofit organization dedicated to the prevention, treatment and cure of anxiety, depressive, obsessive-compulsive and trauma-related disorders through education, practice and research. There are links to resources specific to children and adolescents. <http://www.adaa.org/living-with-anxiety/ask-and-learn/resources>

The Project AWARE Ohio team includes partners in 3 county ESCs. If you are from those local areas and want more information about Project AWARE services, please contact:

Cuyahoga County ESC: Mary Wise; (216) 901-4201; mary.wise@esc-cc.org

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For information about Project AWARE in other regions of the state, please contact:

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