



Press Release

National Depression Week™ 2006 (17-23 April)

Contact: Mary Watson, PR & Events Manager
Tel: 020 7833 2500 ext. 206, email: maryw@depressionalliance.org

Depression Alliance receives over half a million website hits and thousands of calls and emails each year from people seeking information and support, a large volume of the queries received are about self-help treatments and therapies that can be used with medication or alone to treat mild depression. Because of this, the theme for National Depression Week™ 2006 is Complementary Therapies.

One in five people will be affected by depression at some point in their life.¹ More than 2.9 million people in the UK are diagnosed as having depression at any one time² with as many as three in four cases of depression neither recognised nor treated³. About 1 in 6 people who experience severe depression eventually commit suicide⁴ and 70% of recorded suicides are by people who have experienced some form of depression⁵.

Depression Alliance has lined up a number of initiatives and events and across the country throughout National Depression Week™ including a volunteer gardening day in association with Kew Gardens, an open day on complementary therapies, talks by leading nutritional therapists in Nottingham, Lincolnshire and London, as well as two live music events (Gloom Aid & The Angela Carrington Awards), London street collections and a series of sponsored walks in Northampton, Devon and London to raise vital funds to support the services we provide.

NATIONAL DEPRESSION WEEK™ 2006 HIGHLIGHTS

Volunteer Day at Kew Gardens

People who regularly spend time in green spaces report less stress and depression than those who don't⁶. On Thursday 20 April, the Royal Botanic Gardens at Kew will be hosting a Depression Alliance Volunteer Day. The day will include a picnic lunch and free time in the afternoon.

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¹ Royal College of Psychiatrists, 1992

² Ohayon MM, Priest RG, Guilleminault C et al. The prevalence of depressive disorders in the UK 'Biol Psychiatry 1999: 45:300-307.

³ Report funded by Lunbeck, Impact of Depression: a multi-disciplinary comment on treating depression (1995)

⁴ (Clinical Standards Advisory Group, 2000)

⁵ Faulkner, A. 'Suicide and deliberate self-harm.' Mental Health Foundation, Briefing Paper No.1 1997

⁶ Urban Forestry and Urban Greening volume 2, number 1, June 2003 pp1-18

Depression and Nutrition and the Hidden Triggers of Depression

There is a growing body of evidence linking dietary intake with depressive disorders, which is 10 times more common today than it was in the 1950s. Depression can be a complicated condition and some underlying causes can be hard to uncover or are often undetected. These hidden causes include hypothyroidism, adrenal dysfunction, metals toxicity, parasites and food intolerances.

During National Depression Week™, leading nutritional therapists Josephine Ng, Lucinda Bevan and Inderjit Gill from www.brainnutrition.co.uk will be conducting talks on Depression and Nutrition and the Hidden Triggers of Depression in London, Nottingham and Lincolnshire.

Open Day at The Third Space Medicine

On Wednesday 19 April, The Third Space Medicine have kindly agreed to hold an open day of group talks, demonstrations and expert advice at their centre in London. Leading practitioners will conduct talks and demonstrations on subjects including Acupuncture, Aromatherapy, Herbal Medicine, Homeopathy, Hypnotherapy, Blood type diet, NLP, Nutrition and Reflexology.

Walk Away the Blues

On Saturday 22 April, supporters of Depression Alliance are organising sponsored walks and they want as many people as possible to join them! Walks are taking place in Devon (Exeter, location to be confirmed), London (Richmond Park), Northampton (Delapre Abbey) and Stoke on Trent (Trentham).

Gloom Aid

Think 'Live Aid', but with sadder music and no Bono.... 'Gloom Aid' will bring you the finest bands the UK has to offer in the realm of melancholy music. A full on festival atmosphere will be created and sandwiches will be offered (Cheese and Pickle only). 'Gloom Aid' will take place at the Carling Academy in London and all profits from the event will go to Depression Alliance. Gloom Aid is part of the successful Feeling Gloomy club night, described by the Times as 'The high priests of sonic misery'.

The Angela Carrington Awards

Join us at Central London's Vortex Jazz Club for a night celebrating the life of Open Microphone Jazz Singer Angela Carrington, who tragically took her own life after being diagnosed with clinical depression. The event will feature live performances from Ian Shaw, Claire Martin, Freddie King, Christine Tobin, Emma Blake and The Roger Odell Trio.

If you'd like to cover any aspect of National Depression Week™ or interview spokespeople and case studies, please contact Mary Watson on 020 7833 2500 (ext. 206) or email maryw@depressionalliance.org.

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Notes to Editors

1. Depression Alliance is the leading UK charity for people with depression. We work to relieve and to prevent this treatable condition by providing information, support services and understanding to those who are affected by it. We also campaign to raise awareness amongst the general public about the realities of depression.
2. Single copies of our leaflets St John's Wort and Self Help are available to download from the website. A single copy of our booklet Cognitive Behavioural Therapy is available free of charge by sending an A5 stamped addressed envelope (35p) to CBT, Depression Alliance, Suite 212 Spitfire Studios, 63-71 Collier Street, London N1 9BE. A publications order form is available on our website.
3. For further information about National Depression Week™ and to view our events calendar, please visit our website: www.depressionalliance.org

Further Information

- **Open Day at The Third Space Medicine (19 April)**
Places are limited and registration is essential. To register for the day, please contact: The Third Space Medicine on 020 7439 6333. For further information, please call Gloria Thomas on 020 8742 8553.
- **Talks on Depression and Nutrition and Hidden Triggers of Depression (19, 20 and 23 April)**
Talks will be held at Planet Organic (Fulham, London), The Indian Community Centre Association Ltd (Nottingham) and the Twin Lakes Centre (Horncastle, Lincolnshire). For further information and to register for a talk, please contact Mary Watson on 020 7833 2500 (ext. 206) or email maryw@depressionalliance.org.
- **Volunteer Day at Kew Gardens (20 April)**
Places are very limited, for more information and to register for the day please contact Julia Dryden on 020 7833 2500 ext. 205 or email juliad@depressionalliance.org
- **Walk Away the Blues (22 April)**
Devon: please contact: Duncan Little: duncan592@hotmail.co.uk
London: please contact Mary Watson on 020 7833 2500 (ext. 206) or email maryw@depressionalliance.org
Northampton: please contact Kate or Ken: (01604) 677534 or 07792 116339.
- **Gloom Aid (22 April)**
For further information, please contact Mary Watson on 020 7833 2500 (ext. 206), email maryw@depressionalliance.org or visit www.feelinggloomy.com
- **The Angela Carrington Awards (23 April)**
Tickets for the awards are selling fast and places are limited. You can buy yours from the box office of the Vortex Jazz Club on 020 7254 4097. For more information, please visit the Vortex website: www.vortexjazz.co.uk or call Brian Shaw on 07973 884276.