

PRESS RELEASE



European Depression Day

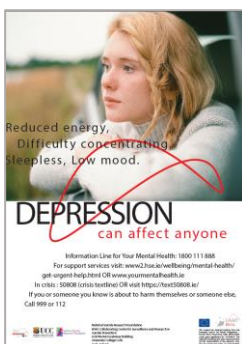
On October 1, 2022, **The Cork Kerry Alliance Against Depression** and EU-funded research project, **EAAD-Best**, ‘*Adapting and Implementing European Alliance Against Depression’s (EAAD) Best Practice Model to Improve Depression Care and Prevent Suicidal Behaviour in Europe*’, proudly support **European Depression Day 2022**. On this day, we would like to encourage and promote awareness of evidence-informed treatments to improve the care for persons experiencing depression.

Internationally, there are diagnostic and therapeutic deficits concerning depression and suicidal behaviour. This means that not all people with depression and suicidal behaviour are receiving the treatment they need. EAAD-Best aims to address this deficit by increasing awareness among health professionals and the general public about important signs of depression and effective treatments. This project is particularly timely given the exacerbation of mental health problems associated with the impacts of the COVID-19 pandemic.

According to Prof. Ella Arensman, lead of the team in Ireland, **“the EAAD 4-level intervention programme is unique as it has shown significant reductions in suicidal behaviour in multiple countries via improving the care for people with depression”**.



Additionally, EAAD-Best promotes the iFightDepression-tool (iFD), an internet based self-management tool for patients with depression and more broadly, the iFightDepression awareness website www.ifightdepression.com/en.



Learn more about EAAD-Best and access free depression awareness resources and additional information: eaad-best.eu/intervention-materials-Ireland/.

For further inquiries or training requests, please contact: eaadb主@ucc.ie

