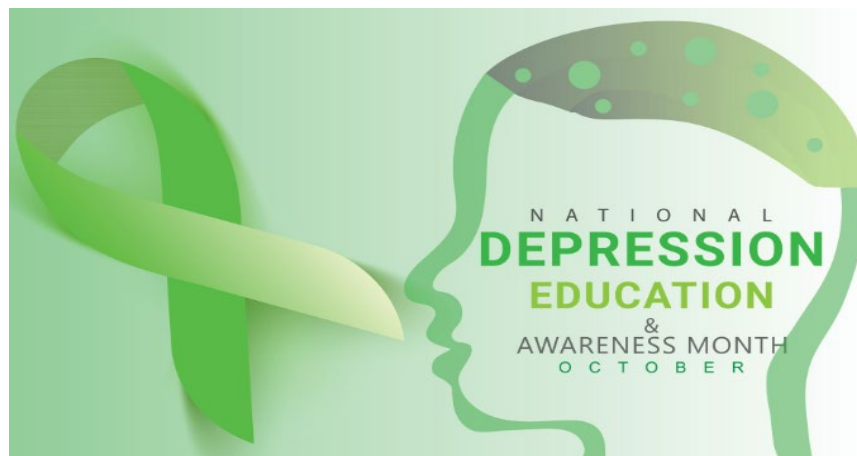


Memo

To: All County Employees and Residents
From: Alameda County Behavioral Health Department
Date: October 1, 2024
Subject: National Depression Awareness Month

Dear Colleagues and Community Members,

During October, the Alameda County Behavioral Health Department (ACBHD) would like to show its dedication to raising awareness about ways to encourage Mental Health through its observance of National Depression Awareness Month. This annual recognition serves as a crucial reminder of the pervasive impact of depression and the importance of understanding and addressing this mental health condition.



The Critical Nature of Depression Awareness Month

Depression Awareness Month stands as a beacon of hope and action:

1. **Life-saving education:** By increasing our understanding of depression's symptoms and treatments, we can potentially save lives through early intervention.
2. **Stigma Demolition:** This month serves as a wrecking ball to the walls of stigma that often prevents individuals from seeking help.
3. **Support Network Strengthening:** It reinforces the importance of building robust support systems for those battling depression.
4. **Treatment Innovation Spotlight:** The month highlights advancements in depression treatment, offering hope to those who may have lost it.

History of Depression Awareness Month

The concept of Depression Awareness Month has its roots in broader mental health awareness initiatives. In the United States, Mental Illness Awareness Week began by Congress in 1990 to recognize the efforts of the National Alliance on Mental Illness (NAMI) to educate and increase awareness about mental illness.

Depression Awareness Month began due to the recognition of the need to focus on this common but often misunderstood condition. Organizers selected October was selected to align with World Mental Health Day, which falls on October 10th each year.

Since its inception, Depression Awareness Month has grown into a significant campaign, with mental health organizations, healthcare providers, and advocates worldwide participating in events, workshops, and outreach efforts to spread awareness and support.

ACBHD's Commitment

Alameda County Behavioral Health Department is dedicated to supporting those affected by depression and other mental health conditions.

During Depression Awareness Month, ACBHD will work with Community-Based Organizations to:

1. Host virtual and in-person educational workshops
2. Partner with local organizations to expand access to mental health resources

We encourage all community members to participate in these initiatives and to take this opportunity to learn more about depression, its impact, and the resources available for support and treatment.

Remember, depression is a treatable condition, and recovery is possible. If you or someone you know is struggling with depression, please reach out for help. Together, we can create a more understanding and supportive community for all.

For more information about our Depression Awareness Month activities or to access mental health resources, please visit our website <https://www.acbhcs.org/> or contact our office at 1 (800) 491-9099.