

PRESS RELEASE

PUTTING THE FACE OF HOPE ON DEPRESSION

According to the NIH (National Institute of Mental Health):

- Major Depressive Disorder is the leading cause of disability in the U.S. for ages 15-44.³
- Major depressive disorder affects approximately 14.8 million American adults, or about 6.7 percent of the U.S. population age 18 and older in a given year.^{1, 2}
- Major depressive disorder is more prevalent in women than in men and one in four women will experience severe depression at some point in life.
- Depression is more common than cancer, heart disease and diabetes combined.

Carol Kivler's mission is to put the face of hope on depression. She is a courageous survivor and living proof that recovery from depression is not only possible, but *probable*. After years spent dealing with her own debilitating depression while managing a family and a business, Carol created a unique "Wellness Model" and was inspired share her tips and strategies. She shines a light on the causes, stigmas and various treatment options associated with depression as well as the reactions of family members and health care providers towards the depressed individual

Carol is a popular mental health speaker and author of 4 books. She is also an international executive coach and trainer. She possesses a wealth of information about the illness, the lives it touches and the stigma that can threaten those very lives:

- People of every race, age religion or economic status are affected. Whether we are aware of it or not, we all know someone who is living with depression or some form of mental illness. Depression is a debilitating illness that is widespread, yet often misunderstood, misdiagnosed and untreated.
- Major depression is not an attitude, a flaw in character, laziness or a call for attention; and it cannot be brought on or fought off by will. Depression is not something to be ashamed of and most importantly, it is not something that should be ignored because left untreated, serious depression can be life crippling and even lead to suicide.
- Most startling is that only about one-fifth of all women who suffer from depression seek treatment. Depression is at an epidemic level yet most women struggle in silence not seeking treatment.

Now is the time to educate, support and advocate for an open dialogue around this debilitating illness and put the face of hope on depression.

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