

## PRESS RELEASE

### Women and Depression: Awareness, Hope and Recovery

She smiles for her audience, be they co-workers, family or friends, but behind the smile lays the truth. She is emotionally and physically tormented by depression and too embarrassed to ask for help. She may be your sister, your employee, or your neighbor, and she is part of a staggering number of women who have fallen prey to an ever growing epidemic.

It's time to let her know that...

- Depression affects 30 percent of the female population
- Almost ½ resist help due to stigma
- Depression is the leading cause of absence from school and work, affecting both mental and physical wellbeing
- Depression is one of the most treatable disorders - with a 90% success rate for those who seek treatment

Carol Kivler is a popular mental health speaker, author of 4 books and international executive coach/consultant. And she is an expert on depression having been hospitalized for four serious bouts of clinical depression. Through awareness of the life saving facts that are rarely discussed, Carol found hope and eventual, sustained recovery. She then made it her mission to educate the masses.

Carol provides awareness and hope to those who often feel there is no recovery from depression. She helps them...

- Identify the signs and symptoms of depression
- Explore the causes and risk factors
- Differentiate between the truths and the myths
- Discover the various treatments and non-medical strategies for sustained wellness

She's been kept in the dark too long - it's time to let her know that she's not alone and that with proper treatment, recovery isn't just possible, it's *probable*.

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