

Health Awareness

Depression: A Treatable Illness

by *Linda Dano*

(NAPSA)—**Q.** Linda, your battle with depression is certainly something with which many can relate. What are some ways you've coped with this illness?

A. It's been a very difficult several months since losing my husband and mother within days of each other. At first I was sad, grieving over this loss. Then it became much more. My work as a performer and a designer just didn't mean as much to me. I also experienced pains from my neck down my back. I knew depression included emotional symptoms, but had no idea about physical symptoms, like pain. I finally went to see a doctor and was diagnosed with clinical depression.

An integral part of my recovery, aside from the help of my doctor, is the support from a special group of friends. They've made a profound difference in how I manage my depression by doing simple things for me—giving me a shoulder to cry on, helping to walk my dogs, always being there to talk to—that help make each day a little easier so I can focus on getting better.

That's why I joined the National Women's Health Resource Center and Eli Lilly and Company in the Support Partners program, which encourages a team approach to overcoming depression. We're teaching people how to reach out and build personal networks of support in their lives that can help enable recovery to begin.

We've created guidebooks for both people with depression and people who want to help someone with the illness, but don't know how. They provide a practical step-by-step approach to getting started and are available at www.DepressionHurts.com or by calling 1-888-818-7988.

If you're watching someone



ONE IN 10 Americans has depression, yet many are unable to recognize the symptoms.

struggle with depression or are going through depression yourself, please don't wait to get information on how to start the recovery process. Depression is a treatable illness you just have to take the first step.

About depression

One in 10 Americans has depression. Despite years of public awareness about depression, many people are unable to recognize the emotional and physical symptoms that are the hallmark of the illness. Emotional symptoms can include sadness, hopelessness, irritability, difficulty concentrating or loss of interest in activities that were once enjoyable. Physical symptoms may surface as vague aches and pains, such as back pain, digestive problems, fatigue or lack of energy, and changes in sleep patterns or appetite.

Emmy-award winning actress and television personality, Linda Dano, has stepped into the spotlight to reveal her personal struggle with depression. Linda is spearheading Support Partners, a national campaign that encourages a team approach to overcoming depression.