



October is National Depression & Mental Health Screening Month.

Health screenings provide a quick and easy way to spot the first signs of serious illness and can reach people who might not otherwise seek professional medical advice. Major depression is one of the most common mental illnesses, affecting 6.7% (more than 16 million) of American adults each year. Like screenings for other illnesses, depression screenings should be a routine part of healthcare.

October is National Depression and Mental Health Screening Month, and October 7th is National Depression Screening Day. It's a day to focus on vital screening for depression. You can take a free, confidential online screening for yourself, or for a loved one at www.sinnissippi.org/links and look for the link at the top section of the page under "Screening Tools". Once you take the screen you will get some suggestion of what the next steps are to address the symptoms you are experiencing yourself or seeing in a loved one.

Keep in mind that a screening is not a professional diagnosis. They can point out the presence or absence of depressive symptoms and provide a referral for further evaluation if needed.

October is National Medicine Abuse Awareness Month

October is National Medicine Abuse Awareness Month. It's an opportunity to increase awareness among parents, youth and others about the dangers associated with prescription and Over the Counter medicine abuse. Medicine abuse is a national epidemic. More Americans are abusing prescription medicine than ever, and like other types of drug use, problematic behavior often begins during the teen and young adult years.

Did you know?

- **1 in 4 teens reports having misused or abused a prescription drug** at least once in their lifetime.
- **Two-thirds (66 percent) of teens** who report abuse of prescription pain relievers are **getting them from friends**, family and acquaintances.
- **Nearly 80% of people who inject heroin** start by first abusing prescription drugs
- **Teens don't view this behavior as risky**, they see their parents and others taking medicine and believe it is safer than street drugs.

The prescription drugs that teens are abusing most include

- Painkillers
- Depressants like sleeping pills or anti-anxiety drugs;
- Stimulants, particularly attention deficit hyperactivity disorder (ADHD) drugs.
- The most abused over-the-counter medications are cough and cold remedies.

What can you do to help?

- Secure and dispose of medicines properly – Take advantage of disposal locations and take back days in your community
- Talk with your kids about the dangers of medicine abuse
- Get help for a loved one if someone you know has a problem with medicine abuse



Taking a drug not prescribed to you is not only dangerous it's also against the law. Sickness and Injury or even death has resulted from children, adolescents and adults taking a drug prescribed to someone else. Abusing over the counter medicines can have similar consequences.

For more information on medicine abuse awareness month, visit:

www-dot-medicineabuseproject-dot-org