

European Depression Association



EDA

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The **European Depression Day (EDD)** is an annual event planned by the Non-Governmental Organisation "*European Depression Association*" (EDA), that aims to promote a day dedicated to raising awareness of depression and mood disorders in every European country: in this year 2009 has been celebrated its 6th edition. This initiative will target: psychiatrists, GPs, other health professionals, patients organisations, the general public.

The European Depression Day of 2009 had as *its theme* "*Depression: the hidden risk for physical illness*", to highlight the interaction and the high frequency rate of comorbidity between depression and mood disorders in general and other organic diseases.

This day usually develops, country by country, with various conferences or meetings or stands for population located in several cities. The nations that organised these events have been the following: Italy, Belgium, France, Spain, Germany, UK, CH, Hungary, Czeck Rep., Slovakia, Slovenia, Portugal, Greece, Malta, Serbia.

It is essential to underline what has emerged, namely that depression and mood disorders in general are much more frequent than in the past were not considered.

The make a correct diagnosis of these disorders (these are not limits or defects of people, but diseases, and "curable") is an important public health problem: these diseases are often not valued, under-diagnosed, untreated or mis-treated: with the serious complications that may arise: job loss, the crisis of torque, substance abuse, impulsivity and self hetero detrimental (family murder, suicides, rapes, etc. ...).

Additionally, depressive disorders are also present in proportion than people with other organic diseases (cardiovascular, respiratory, metabolic, oncology): it was this year's theme for the European Depression Day: a well cared depression in patients with organic

disease, may help to improve the prognosis of other diseases.

The goals of European Depression Day are:

- to diffuse the correct knowledges on depression and mood disorders,
 - to do an early diagnosis;
- following, to prevent :
- the syndromal and sub-syndromal episodes,
 - the illness progression,
 - episodes of violence and aggression,
-
- and above all the suicide.

Fortunately, these diseases can be treated with mood changes: treatment is mainly but not exclusively pharmacological. Sufferers can live a life of good quality, full and productive, with a full social integration.

In the involved countries during the European Depression Day on 2009 edition these topics reached a great impact between all participants to their national events: many thanks to everybody that collaborated on diffusing them!

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Psychiatrist

General Secretary of "EDA"