

YOUR HEALTH MATTERS MONTHLY NEWSLETTER

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Mental Illness Awareness Week

Mental Illness Awareness Week runs from October 3–9 and coincides with additional related events:

- Tuesday Oct. 5: National Day of Prayer for Mental Illness Recovery and Understanding
- Thursday Oct. 7: National Depression Screening Day
- Saturday Oct. 9: NAMIWalks United Day of Hope
- Sunday Oct. 10: World Mental Health Day

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National Depression Screening Day

Why Screen For Depression?

- Clinical depression is a serious medical illness.
- Clinical depression can lead to suicide.
- Sometimes people with depression mistakenly believe that the symptoms of depression are a "normal part of life."
- Clinical depression affects men and women of all ages, races and socioeconomic groups.
- Depression can co-occur and complicate other medical conditions.
- Screenings are often the first step in getting help.

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National Substance Abuse Prevention Month

October has been a time to highlight the vital role of substance abuse prevention in both individual and community health has, to remember those who have lost their lives to substance abuse, to acknowledge those in recovery, as well as children, parents, family, and friends supporting them.

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The Westfield Regional Health Department is the contractual health agency serving Chatham Borough, Fanwood, Garwood, Mountainside, New Providence, Roselle Park, Summit, and Westfield