

Mental Health America of Jackson County

Volume 22

September 2013

Special points of interest:

- Clinical Depression
- Membership Drive
- National Depression
Screening Day
- Wreath Fundraiser
- 3rd Quarter Activities
- Upcoming Events

Clinical Depression

Clinical depression is one of the most common mental illnesses, affecting more than 89 million Americans each year. This includes major depressive disorder, manic depression and dysthymia, a milder longer lasting form of depression. Depression causes people to lose pleasure from daily life, can complicate other medical conditions, and can even be serious enough to lead to suicide. It can occur to anyone, at any age, and to people of any race or ethnic group. Depression is never a “normal” part of life, no matter what your age, gender or health situation.

Clinical depression is very treatable, with more than 89% of those seeking treatment showing improvement. The most commonly used treatments are antidepressant medication, psychotherapy or the combination of both. The choice of treatment depends on the pattern, severity, persistence of depressive symptoms and the history of the illness. As for many illnesses, early treatment is more effective and helps prevent the likelihood of serious consequences. Depression must be treated by a physician or qualified mental health professional.

Symptoms of Clinical Depression

- Persistent sad, anxious or “empty” mood
- Sleeping too much or too little, middle of the night or morning waking
- Reduced appetite or increase appetite
- Loss of the pleasure and interest in activities once enjoyed
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment
- Difficulty concentrating remembering or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of suicide or death

Many things can contribute to clinical depression. For some people, a number of factors seem to be involved, while for others a single factor can cause the illness. Oftentimes, people become depressed for no apparent reason.

For more information go to
www.mentalhealthamerica.net

**MENTAL HEALTH
AMERICA OF
JACKSON COUNTY**

PO Box 51 Seymour, Indiana
47274
812-522-3480
www.mentalhealthamericajc.net
mhajc@cabjackson.org
Agency of the Jackson County
United Way



**MHAJC Board Mem-
bers:**

- Vicki Johnson, President
- Doris Kovener, Secretary
- Carolyn Bruce, Treasurer
- Becky Boas
- Libby Roberts
- Sandra Turner
- Ben Brown
- Dr. Brenda Smith
- MaryJane Lasater
- Karen Metz

Bob Dembek Director
If you are interested in be-
coming a board member
and can commit to 1-2
hours a month, let us
know. Call the office at
522-3480 and speak with
Laura. She will send you
information on becoming a
board member of MHAJC.

National Depression Day

October 2, 2013 is National Depression Awareness Day. Psychological Ser-
vices at Schneck Medical Center and MHAJC will be offering free depression
screening for the public from 12 Noon—4:00PM at the Schneck Medical
Center. If you or if you know of someone who would like to participate,
please call 523-7852 and schedule an appointment.

3rd Quarter events: Monthly “I’m Thumbbody” classes have begun,
providing lessons in building self-esteem in young children. Picnic at Gaiser
Park, newspaper articles on Grief , Going Back to School, Bullying, bro-
chures distributed at local doctors office, library, apartment complexes and
Laundromats, Membership Drive, United Way Kick-Off, Training for 211
Staff in Columbus, United Way Cummins Kick- Off, Christmas Gift Lift
Planning, updating non-profit status and worked on website.

Membership Drive

I want to thank the board members who worked hard on this year’s Mem-
bership Drive. I also like to thank all the people who contributed and became
members of MHAJC. This support helps us to continue providing the I”m
Thumbbody” classes, bi-monthly socials, provide educational materials to the
public and all the work we do to serve the needs of individuals in Jackson
County who face mental illness.

Wreath Fundraiser

MHAJC has started their annual wreath fundraiser. Beautiful wreaths,
sprays, mantle pieces and centerpieces from Roberts Tree Farm in Jackson
County are for sale. Prices range from \$18-25. They will be delivered to
you the Monday after Thanksgiving if you’re interested. They also make
great gifts for friends . Call Bob @522-3480 to order!!!!

Upcoming Events:

- October 2—Depression Screening, Schneck Medical Center, 12
Noon—4:00PM
- October 15—MHAJC Fall Social—Central Christian Church, 5:00PM
- October 21—Free Meal Community Diner at Seymour Community
Center 5:00PM
- October 26—Schneck Foundation “Girls Morning Out—7:00AM—
11:00 AM, Jackson Elementary School
- December 10—MHAJC Christmas Gift Lift at Central Christian
Church 5:00PM

