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***DEPRESSION IN AMERICA UNDERTREATED***  
STATEMENT BY THE MENTAL HEALTH ASSOCIATION OF NEW YORK CITY

“Only about half of all Americans with depression receive treatment,” reports today’s *New York Times*, citing a newly released study. “Moreover, the article continues, “only 1 in 5 are getting care — talk therapy, medication or both — that conforms to American Psychiatric Association guidelines, according to the study, which appears in the January issue of *Archives of General Psychiatry*.”

Dr. Thomas Insel, Director of the National Institute of Mental Health (NIMH), commented on another dimension of the same problem in an interview last week with the *Sarasota Herald-Tribune*. In speaking about mental and developmental disorders, he said: “People tend not to realize that these are largely disorders in young people... Most mental illness happens before age 25.”

The Mental Health Association of New York City (MHA-NYC) reminds all those in need of mental health assistance that they can call the National Suicide Prevention Lifeline (1-800-273-TALK) or, in New York City, LifeNet (1-800-543-3638). Both are toll-free, 24/7 hotlines that refer callers to appropriate treatment providers in their communities. LifeNet alone receives more than 10,000 calls a month, most of which are for depression or mood-related disorders.

“Mental health treatment works,” said Giselle Stolper, Executive Director of MHA-NYC. “And a good first step for anyone who thinks they may need help is to call one of our toll-free hotlines.”

Further information is available online at [www.mhaofnyc.org](http://www.mhaofnyc.org).