



## **NEWS RELEASE**

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### **Brochures educate physicians, patients and families about depression, treatment options and medication adherence**

Concerned about Florida's higher-than-average suicide rate, the Florida Psychiatric Society and NAMI (National Alliance on Mental Illness) Florida have joined in publishing two guides to inform physicians and Floridians about depression, the treatment options that can help overcome it and taking medications as prescribed – not adding, stopping or mixing medications without consulting the prescribing doctor.

In Florida, suicide is the 10th leading cause of death. Latest available data show that in 2006, there were 2,410 suicides in Florida. The state's suicide rate of 13.1% per 100,000 exceeds the national average.

"More than 90 percent of Americans who die by suicide had an undiagnosed and untreated mental illness—often depression," said Cynthia J. White, MD, president of the Florida Psychiatric Society.

*What physicians need to know about depression, medications and suicide* examines myths about the relationship between antidepressants and suicide and discusses the implications for physicians.

*What patients, family members and friends need to know about depression, medications and suicide* encourages early identification and treatment of depression, and medication adherence.

The brochures are available in both print and electronic form. For information on how to obtain copies, contact Bonnie Toole at 850-222-8404.

Contributing to development of the guides were Daniel Castellanos, MD, of Florida International University; Abbey Strauss, MD, of Boca Raton, FL; Rajiv Tandon, MD, of the University of Florida; and Wayne Goodman, MD and Jane Pearson, PhD of the National Institute of Mental Health. The guides were funded in part by a grant through the Florida Statewide Office of Suicide Prevention, Executive Office of the Governor from Noven Therapeutics, LLC, which had no control over its content. Printing and distribution of the information was funded in part by grants from the Eli Lilly Company and the Bristol-Myers Squibb Company.

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