

## 2007 Miaoli County Women's Day Celebration and Campaign Against Depression---"Love yourself & Cherish Your Life"

Following cancer and HIV, depression has already become one of the three leading causes of death in the 21<sup>st</sup> century, according to the findings of WHO (World Health Organization).

Approximately, there are 1.5 billion people suffering depression.

Since modern career women hold more than one job, they have much more stress than they used to have.

Overloading with stress not just causes damage to body and mind but will result in depression. Consequently, learning some measurements coping with depression is necessary.

In 2006, it's estimated that 697 people committed suicides comprised 418 females and 279 males in Miaoli County. And 23% of which had medical history on psychiatric disorder and 73% of which had depression.

On account of this, Miaoli County Community Mental Health Center will hold an activity called "Love Yourself & Cherish Your Life" to celebrate Women's Day and raise the awareness of the importance of depression prevention and cure on March 10<sup>th</sup> in the assembly hall in the National United University.

Besides, Lee, Ming-Bin, director of the Suicide Prevention Center of Department of Health Bureau, Executive Yuan will especially be invited to deliver a speech on management of stress in terms of suicide prevention; in the hope that the participants can understand the relationship between stress and depression, the way to release stress, and have better understanding of depression and solicit the public attention on suicide phenomenon, too.

Furthermore, to promote campaign of promoting the values of cherishing lives and showing concerns for others, improving the inclining social atmosphere and shifting it to encouraging, positive, and optimistic mobile life.

There will be psychiatric doctors or psychologists for counseling and welcome to join the campaigns promoting women health protection, cigarette hazard prevention, and drug hazard prevention.

For more information, please contact Ms. Xiao or Miss Chen, Tel:332565.

Medical Administration Section

Wang, Yun-Qin

Tel:336752