



**University of Massachusetts Medical School**  
**55 Lake Avenue North**  
**Worcester, MA 01655**



**Date: Tuesday, March 15, 2011**

(Parking is available in Visitor's Garage, South Road)

**Time: 6:30-8:30pm - Amphitheater 1**

**Presented by the UMass Department of Psychiatry**  
[www.umassmed.edu/psychiatry](http://www.umassmed.edu/psychiatry)

**(5:45 pm Registration\* and Exhibits  
in Medical School Lobby)**

# Be Mentally Well

## Understanding & Treating Depression

Feeling sad or low is part of the normal human experience and something we all feel at times. In contrast to the normal emotions of sadness, loss, or passing mood states, clinical depression is a persistent medical illness which can significantly interfere with an individual's ability to function. It can cause individuals and their families anguish and frustration. In older adults who face significant life changes and stressors, depression is a common problem that is often overlooked. A depressive disorder is not a sign of personal weakness, or a condition that someone can just "get over" and feel better. Without treatment, depressive symptoms can last for weeks, months or years. Fortunately, clinical depression is treated quite effectively and has good recovery rates when detected early.

**FACULTY:**

**Anthony J. Rothschild, MD**  
*Irving S and Betty Brudnick Endowed Chair and  
Professor of Psychiatry*  
Program Director, Depression Specialty Clinic  
Director, Center for Psychopharmacologic  
Research and Treatment  
UMass Department of Psychiatry

**Kristina M. Deligiannidis, MD**  
Assistant Professor of Psychiatry  
Medical Director, Depression Specialty Clinic  
UMass Department of Psychiatry

**Gary S. Moak, MD**  
Associate Professor of Clinical Psychiatry  
UMass Department of Psychiatry  
Director, Moak Center for Healthy Aging  
Westborough MA

**Pata Suyemoto, PhD**  
Independent Writer, Scholar and Mental Health  
Activist

**TOPICS:**

- ◆ Recognizing the Signs and Symptoms of Depression
- ◆ Treatments for Depression
- ◆ Depression in the Elderly
- ◆ Doing Well and Feeling Hopeful

**\*SEATING IS LIMITED**

FOR RESERVATIONS prior to event:

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