



MESSAGE BY

DR MAHMOUD FIKRI

REGIONAL DIRECTOR

WHO EASTERN MEDITERRANEAN REGION

on the occasion of

WORLD HEALTH DAY

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Depression is a debilitating illness in which people feel overwhelming sadness, lose interest in activities they enjoy and find it difficult to carry out daily tasks. Currently more than 300 million people around the world have depression. It can affect anyone, but populations experiencing humanitarian crises, conflicts and displacement are especially vulnerable. Although effective treatment is available, stigma may prevent people from seeking it.

Everyone has a role in helping people with depression get the treatment and care they deserve.

- Governments can improve mental health services.
- Families and communities can provide social support.
- Civil society groups can raise awareness.
- Individuals can seek help, and get treatment through medicines and talking to others about how they feel.

On this World Health Day, we can do something about depression. Let us fight the stigma and encourage people to speak out.

Depression: let's talk

#Let'sTalk

www.emro.who.int/whd17