



AMERICAN COLLEGE OF NEUROPSYCHOPHARMACOLOGY
Impact of Suicide & Depression in America Session Proposal
World Mental Health Day, Tuesday, October 10th

In recognition of World Mental Health Day (October 10th), The American College of Neuropsychopharmacology (ACNP) propose a breakfast or lunch briefing for Senate members and staffers to illustrate how neuroscience research informs efforts in treating common mental health problems. Suicide is a preventable public health problem and a leading cause of death in the United States. Greater investment in suicide prevention research is needed to stop the untimely deaths of thousands of Americans each year. Because mental health disorders cross party lines, ACNP believes these findings signal a valuable time for policymakers to address these issues.

The College recognizes the importance of mental health in the general population. According to The Substance Abuse and Mental Health Services Administration (SAMHSA), 18.29% of adults struggle with a mental health problems annually, this equals to 43.7 million Americans. Out of that number, the study also reports that 56% of American adults with a mental illness do not receive treatment. The World Health Organization (WHO), estimates that the number of people living with depression increased by more than 18% between 2005 and 2015. The proportion of the global population with depression in 2015 is estimated to be 4.4%, approximately 330,000,000 people. In the United States, it is estimated that 17,491,047 or 5.9% of the population is currently living with depression. Rates of youth depression increased from 8.5% in 2011 to 11.1% in 2014. Even with severe depression, 80% of youth are left with no or insufficient treatment.

WHO Global Health estimates provide a comprehensive assessment of the causes of death due to diseases and injuries for all regions of the world. In the year 2015, it is estimated that 788,000 people died due to suicide; many more than this number attempted (but did not die by) suicide. Suicide occurs throughout the lifespan and was the second leading cause of death among 15-29-year old's globally in 2015. Suicide costs Americans an estimated \$34.6 billion in medical bills and lost productivity annually. The total economic burden from suicide and self-inflicted injuries is estimated to be over \$41 billion annually.

During this briefing, Dr. Charles Nemeroff of the University of Miami will provide an update on magnitude of the problem and the neurobiology of depression and suicide. Robert Hirschfeld, MD; Professor of Clinical Psychiatry at Weill Cornell Medicine will discuss the economic impact on the US economy due to depression and suicide. Tom Johnson, former President of CNN and former publisher of the Los Angeles Times, will provide a personal perspective on how depression has affected his life.

The overall goals of the briefing will be to promote public understanding and knowledge of the impact of suicide and depression, and exhibit the importance of continued research funding.

This briefing is hosted by the American College of Neuropsychopharmacology, a professional organization of leading brain and behavior scientists. Founded in 1961, the membership of the College is drawn from scientists in multiple fields including behavioral pharmacology, brain imaging, chronobiology, clinical psychopharmacology, epidemiology, genetics, molecular biology, neurochemistry, neuroendocrinology, neuroimmunology, neurology, neurophysiology, psychiatry, and psychology. Our members are consistently acclaimed as the thought leaders in psychiatry and pharmacology, and we are in a process of applying this expertise to mental health policy.

We welcome your feedback on these briefing ideas and any other suggestions on how the College can be helpful in providing information and education on these subjects to you and your colleagues.

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