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**Press Release**

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**FOR IMMEDIATE RELEASE****Did you know that Alcohol Use and Depression often occur Together?**

The Community Committee of the SAFE Glen Cove Coalition serves as a think tank to examine community needs assessment data, implement alcohol and substance abuse awareness campaigns, educate the public regarding ongoing and emerging alcohol and substance abuse trends and pursue viable funding streams to address gaps in community services.

According to a Community Survey of 1408 Glen Cove residents conducted by the Coalition in 2016, alcohol and depression were ranked the first two areas of concern. This is not surprising as the National Institute on Drug Abuse (NIDA) maintains that:

- Nearly one third of people diagnosed with major depression also have an alcohol problem. Often the depression precludes the alcohol use. Recent studies into the connection have found definite evidence that one can lead to the other.

A study conducted on alcoholism and depression by the Harvard School of Public Health indicated that:

- The more symptoms of depression a participant had, the greater their risk of abusing alcohol.
- Those who had symptoms of alcohol dependence initially were at greater risk of being diagnosed with major depression later.
- This study helped to verify that alcohol dependence can lead to depression and vice versa and that the connection is much stronger for women than for men.

Other studies have shown that:

- Binge drinking is especially responsible for the onset of depression. That is, someone who drinks a lot all at once is much more likely to feel subsequent symptoms of depression than someone who drinks the same amount, but not all at once.

Researchers at the Harvard School of Public Health have also found that:

- Young people who are depressed are more likely to start drinking than their peers.
- Additionally, teens that have had a bout of major depression are twice as likely to start drinking compared to those that haven't.

The research on the link between alcoholism and depression is important because it can inform treatment for both conditions. When being treated for depression, a patient may be warned about the risks of substance abuse. Recovery counselors can help addicts fight depression along with their dependence.

For more information about alcohol and depression please visit the New York State Office of Alcoholism and Substance Abuse Services (OASAS) at [www.oasas.ny.gov](http://www.oasas.ny.gov), National Institute on Drug Abuse (NIDA) [www.drugabuse.gov](http://www.drugabuse.gov), or Substance Abuse and Mental Health Services Administration(SAMHSA) at [www.samhsa.gov](http://www.samhsa.gov).

For more information about SAFE and its other initiatives please contact the office at: 516-676-2008 or visit the website at <http://www.safeglencove.org> or our Facebook page at <http://www.facebook.com/safeglencovecoalition>.

