



# EDA

**European Depression Association**

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[European Depression Day 2022 :](#)

## ***Emergencies and Depression: recognizing and dealing with***

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After the pandemic, a period of considerable political and economic uncertainty has taken over in Europe: the population, already "tested" by post-Covid restrictions and limitations, finds itself not knowing what kind of political and economic future should be expected. Cases of depression from "Maladaptation to Protracted Stressful Event" continue to be on the rise, especially in those who had never been treated before.

The main theme for 'Depression Day 2022' was born precisely to highlight the need to catch early and every form of mood disorder in a complex period like the current one (post-Covid; war; economic problems). The goal is to spread to the population the notions that every form of depressive disorder or maladaptation is a treatable problem that can and must be faced and that it can and must be cured.

Depression and all mood disorders as a whole are widespread diseases, little recognized, misdiagnosed, often poorly or poorly treated: they are sneaky and infiltrate the daily life of those who suffer from them without being recognized.

The theme of this year's Depression Day 2022 is precisely "***Emergency and Depression: recognizing and informing***": during our national events we will deepen these issues.

*Giuseppe Tavormina - Vincenzo Costigliola*