National Alliance for Hispanic Health
1501 Sixteenth Street, N.W. • Washington, D.C. 20036-1401 • (202) 387-5000 • www.healthyamericas.org

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Contact: Adolph P. Falcón
(202) 797-4341
media@healthyamericas.org

New Book on Depression in Buena Salud Guide Series

August 1, 2020 (Washington, DC) – "COVID-19 changed our world— and was the driver for this book." writes Dr. Jane L. Delgado in her Introduction to The Buena Salud® Guide to Understanding Depression and Enjoying Life published simultaneously in English and Spanish (Buena Salud Press, Pub Date: August 2020). "Given the increase in depression that COVID-19 triggered, I decided to update the previous book. Instead given all the changes that had occurred in the last decade it was essential to transform our thinking about ourselves and our lives." added Dr. Jane L. Delgado. "Concepts like work-life balance are thrown out as the nature of work has changed dramatically. The information in this book is intended to make life better for all — those with depression, those who know someone who is depressed, and those of us who have to live the consequences of untreated depression."

The Buena Salud® Guide to Understanding Depression and Enjoying Life With real-life stories throughout, the book informs, supports, and delivers the latest in health information and the kind of caring advice that readers can readily use in their daily life. With over 25,000 copies already in American homes, the BUENA SALUDÒ books have become essential family guides for health and well-being. The guides are now enhanced with free membership in the Alliance's BUENA SALUDÒ CLUB that offers health tips, alerts, and access to a bilingual and toll-free helpline (1- 866-783-2645) where callers can get trusted and confidential information on a wide range of health topics, including referral to community services where they live. A practicing clinical psychologist, as well as the president and CEO of the National Alliance for Hispanic Health, Dr. Delgado knows first-hand the challenges of addressing and treating depression and its symptoms in the Hispanic community.

According to the Centers for Disease Control and Prevention (CDC), more than one in ten Hispanics report depression, more than a third of Hispanics reporting depression have symptoms of major depression, and more than one in ten Latina high school students report a suicide attempt. Yet Hispanics are less likely to seek treatment for depression. The CDC also reports COVID-19 has driven up rates with more than one third (37.8%) of all persons in the U.S. reporting symptoms of anxiety or depressive disorder with incidence rates higher among Hispanics and non-Hispanic Blacks. With a foreword by Mrs.

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Rosalynn Carter, Former First Lady and Founder, Carter Center Mental Health Program, The Buena Salud® Guide to Understanding Depression and Enjoying Life explains everything readers need to know about depression and its many forms. In a warm and conversational tone, it answers the most asked questions about depression and offers information on treating and managing this condition.

Acknowledging the factors that keep people from seeking help for depression, especially because depression is inconsistent with many Hispanics' core beliefs and values, Dr. Delgado addresses: • Difference between feeling sad and depression; • Types of depression; • Self-esteem as defined by culture and society, work and relationships; • The biology of depression; • The relationship between depression and diabetes and heart disease; • What you can do on your own; and, • Current treatments, including medications and therapy options. The Buena Salud® Guide to Understanding Depression and Enjoying Life Three key self-statements are presented, as well as the ways to implement them. She shares the key questions about depression to ask a health care provider, as well as valuable advice on choosing a licensed mental health professional. The Buena Salud® Guide to Understanding Depression and Enjoying Life also includes a resource section with non-commercial helplines and best online sources for information on depression in both English and Spanish. For those with depression, as well as their families and loved ones, the The Buena Salud® Guide to Understanding Depression and Enjoying Life offers the kind of science driven caring advice that will guide them to enjoy life.