The National Network of Depression Centers (NNDC) was established in 2008 to mobilize collaborative expertise to counteract the public health crisis of depressions, bipolar illnesses, and other mood disorders. The NNDC is a nonprofit network of academic medical centers dedicated to improving the lives of those affected by depression and related mood disorders. We are working to change the national conversation surrounding these illnesses through large-scale collaborative studies, education, and outreach.

**WHO WE ARE**
Leading depression centers collaborating to lift the burden of depression and bipolar disorders

**WHY WE EXIST**
We transform lives through innovations in treatment and prevention for depression and bipolar disorders

**WHAT FUTURE WE SEE**
A world free of stigma, where everyone has access to effective, evidence-based care

---

**THE BATTLE AGAINST DEPRESSION - WHY DOES IT MATTER?**

- **90%**
  - There is one death by suicide every twelve minutes in the United States
  - 90% of suicide deaths can be traced back to mental illness, most often depression
  - 250,000 people become suicide survivors each year in the US

---

**DEPRESSION IS MORE COMMON THAN YOU MIGHT THINK**

- **#1**
  - Depression is the leading cause of disability in the United States among people ages 15-44

- **One in five Americans will be impacted by mental illness during their lifetime**

- Depression ranks among the top 3 workplace issues in the US, along with family crisis and stress

---

**Centers of Excellence**
- Brigham & Women’s Hospital
- Duke University
- Emory University
- Johns Hopkins University
- Mayo Clinic
- McLean Hospital
- The Ohio State University
- Stanford University
- University of California, San Francisco
- University of Cincinnati & Lindner Center of HOPE
- University of Colorado Anschutz Medical Campus
- University of Florida
- University of Illinois at Chicago
- University of Iowa
- University of Louisville
- University of Massachusetts Medical School
- University of Michigan
- University of Pennsylvania
- University of Texas at Austin
- University of Texas Health Science Center at Houston
- Weill Cornell Medical College

**Associate Members**
- Florida State University
- Michigan State University & Pine Rest Christian Mental Health Services
- Penn State Milton S. Hershey Medical Center
- University of Toledo
WORKING TOGETHER TO ADVANCE SCIENTIFIC KNOWLEDGE

Task and Special Interest Groups
NNDC Task Groups are generating the forward momentum needed to make a difference in the diagnosis, treatment, and prevention of depressive illnesses. Using this platform for unprecedented scientific collaboration, the best minds in the field come together to address the most pressing mental health challenges. NNDC Task Groups are organized around specific initiatives related to the diagnosis, treatment, and prevention of depressive illnesses, including:

- Biomarkers
- Bipolar Disorder
- Child & Adolescent Mood Disorders
- College Mental Health
- Community Education & Awareness
- Electroconvulsive Therapy
- Geriatric Mood Disorders
- Medical Comorbidities
- Military, Veterans, & Families
- Opioid Addiction
- Primary Care Integration
- Repetitive Transcranial Magnetic Stimulation
- Suicide Prevention
- Telehealth
- Treatment Resistant Depression
- Women & Mood Disorders

MEASUREMENT-BASED CARE MEETS NATIONAL DATABASE

Mood Outcomes Program
The NNDC Mood Outcomes Program improves care provided to those suffering from mood disorders. Though the use of measurement-based care tools and quality improvement programs informed by patient care data at our centers, the NNDC is working to transform the treatment of mood disorders.

- Three Mental Health Vital Signs to monitor patient progress
- Clinician support tools to help tailor treatment to a patient’s specific needs
- Aggregate data reporting for clinic-wide care strategies

Mood Outcomes Program Features

- 80% of those treated for depression show an improvement in symptoms within four to six weeks of starting treatment
- Two thirds of people with depression do not actively seek nor receive proper treatment

SHARING KNOWLEDGE EXPEDITES SCIENTIFIC DISCOVERY

Visiting Professor Program
The Visiting Professor Program provides a platform for researchers to share their work and goals, and generate new ideas and approaches for ongoing studies. Visiting Professors spend a day and a half with NNDC Member Centers for individual mentorship sessions with local researchers, a free public education event, and a grand rounds lecture on a topic chosen by the host site.

Annual Conference
The Annual Conference is a two-day educational event, bringing together NNDC members to learn from colleagues about the latest developments in the treatment and understanding of mood disorders. This CME-accredited event is hosted by a different NNDC Member Center every other year, providing the host site with a great opportunity to shine a spotlight on local experts and programs. Visit nndc.org/annual-conference to learn more.

Questions? Find us Online!
Patricia Rinvelt, MBA | Executive Director | prinvelt@nndc.org | (734) 332-3914
www.nndc.org | @nndc | /nationalnetworkofdepressioncenters

80% of those treated for depression show an improvement in symptoms within four to six weeks of starting treatment

Two thirds of people with depression do not actively seek nor receive proper treatment

We lose about as many people to suicide each year as we do to breast cancer

Breast cancer research receives 100x more funding than depression research

At least 40% of active drug users struggle with some mental illness like depression

As many as 45% of deaths by opioid overdose may be suicides...

...but more data is needed to fully understand the link between opioid addiction, depression and suicide

At least 40% of active drug users struggle with some mental illness like depression

As many as 45% of deaths by opioid overdose may be suicides...