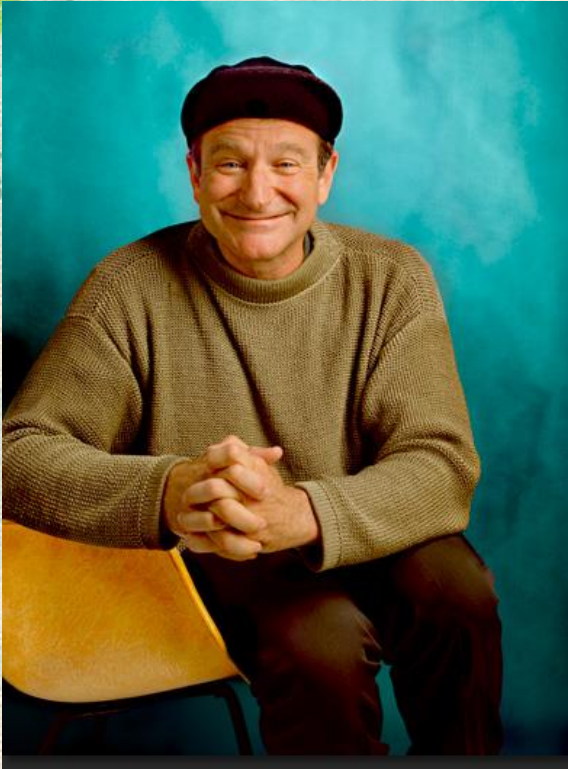


 e-tips...

to help you Live Well



## Good Mooooorning, America

Do you think that Robin Williams understands the effect his death has on so many people? It feels like there is a visceral void left on earth where he once stood giving us warmth and laughter and hope. And the reality of him losing hope from the devastating symptoms of depression intensifies the pain we feel in our hearts for him, his family and ourselves.

It's a sobering reminder that depression - and the addictions Robin suffered earlier in his life - are terrible diseases that can take lives by darkening the night and the day until death seems more desirable than life. Even fame and fortune cannot diminish the courage required to conquer them.

William Styron wrote, "The pain of severe depression is quite unimaginable to those who have not suffered it, and it kills in many instances because its anguish can no longer be borne. The prevention of many suicides will continue to be hindered until there is a general awareness of the nature of this pain." (Darkness Visible: A Memoir of Madness)

As we celebrate Robin William's life, let's also honor his death by becoming more educated about these diseases. Let's not ignore or deny or minimize the reality of depression or addictions. Both are real and must be taken seriously and treated carefully.

**For more information visit:**

**[www.intermountainhealthcare.org/mentalhealth](http://www.intermountainhealthcare.org/mentalhealth)**

By: Terri Anne Flint, Ph.D., L.C.S.W.

Director – Intermountain Healthcare  
EAP & Employee Wellness

● ● ●

**Intermountain Employee Assistance Program e-tips are messages that teach, remind, and inspire in our journey to live well.**

