

# Depression: Recognition, Response and Relief.

**TUESDAY, MARCH 10 • 7 P.M.**

**Calvin College Chapel  
1835 Knollcrest Circle SE**

**This lecture is free and open to the public**

Everyone can have a bad day. However, some people experience sadness beyond the normal everyday ups and downs. Clinical depression is a brain disease that affects up to 20 percent of the general population. How can we recognize and respond appropriately to the signs of depression? Join Dr. Eric Achtyes at this Your Health Lecture to learn more about depression and how to find relief from this debilitating disease on Tuesday, March 10, at 7 p.m., at the Calvin College Chapel.

The Your Health Lecture Series is a collaborative community event sponsored by Calvin College, Spectrum Health and Michigan State University College of Human Medicine.

## About the Speaker

**Eric Achtyes, MD, MS**  
*Director, Psychiatry and Behavioral Medicine  
Michigan State University College of Human Medicine*



Eric Achtyes, MD, MS, is assistant professor and director of the Division of Psychiatry and Behavioral Medicine at the Michigan State University College of Human Medicine. He is a staff psychiatrist and researcher holding appointments at Pine Rest Christian Mental Health Services and Cherry Health, both located in Grand Rapids. Dr. Achtyes' main research interests include improving treatment for patients with schizophrenia and depression. Dr. Achtyes is a past president of the Michigan Psychiatric Society.

## Series Sponsors

**CALVIN**  
College™

**SPECTRUM HEALTH**

**MICHIGAN STATE UNIVERSITY** | College of Human Medicine

RSVPs requested at [humanmedicine.msu.edu/yourhealthlectures.htm](http://humanmedicine.msu.edu/yourhealthlectures.htm) or 616-234-2667