

## **Addicted.com Urges Observance of World Mental Health Day**

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LOS ANGELES-(Business Wire)-October 10, 2007 - In honor of World Mental Health Day (today, October 10th), Addicted.com, a website for addicts and their families to find support and recovery resources online, is urging the population at large to be more aware of addictive behaviors, among the most common and destructive forms of behavioral or mental health concerns.

World Mental Health Day was developed in an attempt to raise public awareness about mental health issues. The Day is an initiative of the World Federation for Mental Health (WFMH). Each year a different theme is explored and this year the focus is on mental health and treatment in a changing world and the impact of culture and diversity.

Since today's world is getting smaller and in any given country, one person in every 35 is an international migrant, there is a global phenomena of different languages, religions and cultures coexisting in a single country - affecting the way treatment for addictions or other mental health concerns is perceived, stigmatized or communicated.

"Addictive behavior knows no race lines - it is a human race issue," said Addicted.com Founder and CEO John S. Shegerian. "With literally millions of all ethnic and religious backgrounds suffering from addictions in today's society, it is important to replace shame and stigma with treatment and healing. On World Mental Health Day we send a message out to those struggling with addictions all over the world and their families: you are not alone!"

Cultural diversity may influence many aspects of mental health, including how individuals from a given culture communicate and manifest their symptoms, their style of coping, their family and community supports, and their willingness to seek treatment.

"We applaud the World Federation for Mental Health," added Shegerian, "and their attempts to bring attention to trans-cultural mental health services and treatment. We know that addictions are one of many behavioral concerns affecting society today, but we also know that healing can only come one person at a time."

The Addicted.com site itself works closely with a full slate of professional addiction experts that specialize in the diagnosis and treatment of common addictions including eating disorders, sexual addiction, gambling and drug and alcohol addiction. The site also offers people seeking help a proprietary Zip Code Locator which visitors can use to find nearby recovery centers, doctors, counselors and other assistance for their addictions.

The site is also the first of its kind to feature virtual tours of treatment facilities so that people struggling with addictions and their families and loved ones can get a sense of the treatment options available in advance.

Along with AddictedSpace and AddictedTube, visitors can take self-tests to help determine whether they have an addiction and may need to seek help. Articles, advice, experts and other resources give users the option of complete anonymity if they are seeking resources but aren't ready to share their story with the world.

Addicted.com provides addiction recovery resources and tools for addicts, family members and friends throughout the Internet community. The main goal of the site is to maintain a well-known on-line space for people to visit when they need advice, answers, assistance or just someone to talk with.

For more information on addicted.com, its mission and services, please visit [www.addicted.com](http://www.addicted.com) or contact [info@addicted.com](mailto:info@addicted.com), 1-866-ADDICTED. To reach the new 24-hour LifeLine, please call 1-877-ADDICTED.