



## THE CHARLES E. KUBLY FOUNDATION

A PUBLIC CHARITY DEVOTED TO IMPROVING THE LIVES OF THOSE AFFECTED BY DEPRESSION.

### CHARLIE'S STORY

The Charles E. Kubly Foundation was established in the Fall of 2003 after the death of Charlie Kubly, who took his own life after a long struggle with depression. Charlie was 28 years old at the time of his death. He lived in Milwaukee, Wisconsin where he had many friends and a closely knit family. He worked in the financial industry and enjoyed tennis, skiing and boating. His family and friends have been devastated by this loss and want to help others with depression find the treatment they need so that similar tragedies may be averted.



### DEPRESSION FACTS:

- An estimated 15 million Americans suffer from depression.
- 15% of our population will experience an episode of depression at some point in their lives.
- Depression is the leading cause of disability in the United States.
- Only 1/3 of people with depression seek treatment.
- 80% of those that do seek treatment are treated successfully.
- Suicide claims approximately 30,000 lives annually.
- More Americans die each year from suicide than homicide.

*Facts gathered from the National Institute of Mental Health*

### OUR MISSION STATEMENT

The Charles E. Kubly Foundation seeks to better the lives of those affected by depression by increasing public awareness of the disease and its devastating effects, reducing the stigma associated with it, supporting depression related research and promoting improved access to quality mental health resources within communities.

Depression is a disease that takes the lives of over 30,000 Americans annually. Many people don't recognize that depression is a disease and often see depression as a weakness. As a society, we talk openly about other diseases, yet we don't talk openly about depression and mental illness. The Charles E. Kubly Foundation seeks to open up a conversation about depression. We envision a future in which people will feel comfortable acknowledging their depression and sharing their pain with those that can give them support.

### QUALITY PROGRAMS FUNDED BY THE CHARLES E. KUBLY FOUNDATION INCLUDE:

- Suicide prevention programs for high school students.
- An anti-stigma initiative.
- Production and development of videos on depression to be used in programs for adults and youth.
- Printing and distribution of materials on suicide prevention and community resources for the mentally ill and their family members.
- Workshops for professionals to enhance their work with the people suffering from depression and mood disorders.

### BEYOND THE BLUES



Each fall, the Charles E. Kubly Foundation holds a music festival "Beyond The Blues". This festival is a fundraiser for the foundation and a fun, casual event featuring great music. We appreciate the support of the community and are grateful for the shared commitment to help those affected by depression.



### CONTACT INFORMATION:

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