

Calgary Counselling Centre data points to mental health decline among the majority of post-secondary students amid pandemic

New data showcases that roughly 75 per cent of post-secondary students who participated in National Depression Screening Day are in need of mental health resources.

CALGARY, November 30, 2021 – New data from Calgary Counselling Centre (CCC) shows that post-secondary aged adults are continuing to experience significant mental health challenges. Of the post-secondary students who participated in National Depression Screening Day (NDS), 75 per cent were recommended or recommended strongly for further evaluation.

"Post-secondary students have now possibly entered their third year of learning in the midst of a global pandemic," says Dr. Robbie Babins-Wagner, CEO of CCC. "Going back to in-person learning, adjusting to new phases of the pandemic and combatting pressures to succeed are a few examples of driving forces that could be contributing to a higher need for counselling among this population."

"The good news is that the sooner someone seeks treatment for symptoms of depression, the better and sooner an individual will experience results," says Babins-Wagner.

Through a short, anonymous and free online screening test, NDS provides an annual opportunity for people to check in with how they are feeling and encourages those needing help to reach out to CCC. In addition to helping activate Calgarians to check in with and seek help if needed, NDS also helps Calgary Counselling Centre gain a better understanding of current mental health issues affecting the local population. The online questionnaire takes less than three minutes to complete, and it offers individuals the opportunity to be screened for depressive symptoms with complete anonymity. The test is available in English, French, Spanish, Punjabi, and Chinese.

CCC specializes in counselling that is results driven. This means that CCC analyzes client progress carefully before adjusting treatment to cater specifically to the individual's needs. If you or someone you know is in need of mental health services, visit <https://calgarycounselling.com/> today to see how counselling could help.

About Calgary Counselling Centre:

Since 1962, Calgary Counselling Centre has been providing the most effective counselling services with the highest client results in the industry. As the preeminent research, training and knowledge-based counselling organization in Canada, The Centre offers counselling to all age groups in a variety of areas including depression, children's programs, domestic abuse, eating disorders, separation/divorce, trauma and self-esteem. Through ongoing research and education programs, Calgary Counselling Centre is committed to meeting the changing needs of our community

For more information or to arrange an interview, please contact:

Katherine Hurtig
Communications Officer, Calgary Counselling Centre
P. 403.691.5905
E. Katherine.hurtig@calgarycounselling.com

Esmahan Razavi
Associate Principal, Champion Communications
P: 403.999.0547
E: esmahan@championcommunications.ca