

CONQUERING DEPRESSION 365 DAYS A YEAR

January 16 is Blue Monday, often labelled the most depressing day of the year

CALGARY, January 16, 2016 – Feeling blue? Chances are you're not alone. Monday, January 16, 2017, marks what some call the most depressing day of the year, often referred to as Blue Monday. Although research behind Blue Monday is not scientifically proven, cold weather, holiday credit card bills, and failed resolutions can make this time of year a challenge for many, especially those who are unemployed or under financial stress.

"While Blue Monday is a great opportunity to create awareness around mental health, it's important to note that for those suffering with depression, any day can be a challenge," says Robbie Babins-Wagner, CEO of Calgary Counselling Centre. "We want to encourage Calgarians to take a temperature check on their mental health. See how they're feeling and know that today and every day, Calgary Counselling Centre is here to work with them and that counselling does work."

Calgary Counselling Centre will be opening our online depression-screening test for the week of January 16. The test allows people to take a short online and anonymous questionnaire to check-in with their emotional well-being. You can find it at calgarycounselling.com starting January 16.

In addition, Calgary Counselling Centre is offering these tips to help manage the winter blues:

1. **Seek social support:** Don't underestimate the power of friends and family. Don't be afraid to ask for help or encouragement when you need it. Something as simple as a phone call, a chat over coffee, or an email can brighten your mood.
2. **Rejuvenate yourself:** Make a conscious effort to eat well and exercise during this period. This will help get both your body and mind back on track and keep you from falling back into negative thoughts or feelings.
3. **Get some sun:** Not only will the extra sunlight boost your Vitamin D levels, but it can also improve your mood. Winter is full of shorter and darker days and because of the cold weather most of us flock to indoor activities. Try keeping the blinds open and sit near windows where you can – and of course head outside during chinooks.
4. **Expect good things:** Give yourself something to look forward to so that you feel better about leaving the holidays behind. Plan a weekend getaway, try a new sport, or meet a friend for lunch.
5. **Check-in with yourself:** Take a moment and check-in with yourself to gauge whether the feelings you are experiencing are temporary, or something more than that.

Calgary Counselling Centre is always here to help. Those interested in seeking counselling can contact our call centre at 403.691.5991 or visit our website at www.calgarycounselling.com and click on 'register for counselling.'

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.

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