

DEPRESSION CONTINUES TO AFFECT NEARLY HALF OF ALL ALBERTANS

National Depression Screening Day aims to educate that depression is the most treatable mental health issue.

CALGARY, September 27, 2017 – For the last ten years, Calgary Counselling Centre has been spearheading National Depression Screening Day (NDS), an initiative to help defy depression in our community. From October 2 – 8, 2017, Calgary Counselling Centre will once again be offering a free, anonymous and online depression-screening test as part of a weeklong awareness campaign.

The test, which can be accessed from any device at www.test4depression.com, encourages individuals to take a temperature check on their mental health. The test works by having the user answer a series of questions to determine the presence or absence of depressive symptoms.

In 2016, Calgary Counselling Centre saw a record number of participants use the online depression-screening test, with just over 10,000 users.

“Every year, we know that this test saves a life,” said Dr. Robbie Babins-Wagner, CEO of Calgary Counselling Centre. “Admitting that you may be struggling with your mental health can be difficult for many. But depression is the most treatable of all mental health issues and taking this test can be the first step in getting the help you may need.”

During the week of October 2-6, Calgary Counselling Centre will strive to raise awareness around depression and the impact it has on Calgarians through several events.

In partnership with the Calgary Chamber in support of National Depression Screening Day, on October 5 we will create an open dialogue on mental health in the workplace and one family’s challenge to overcome it. For more information, visit our website.

“Calgary has experienced some tough times these last couple years. With struggles like this, increased levels of stress, anxiety, and even depression naturally follow. It’s time to make supporting mental health a business priority,” said Adam Legge, President and CEO of the Calgary Chamber. “I would like to encourage our business community to strive to build an open dialogue on mental health within their organizations. And, that dialogue can start with something as simple as sharing the NDS test with your colleagues and staff.”

Calgary Counselling Centre is always here to help. With no waitlist, counselling fees based on a sliding scale and exceptional client results - 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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For more information or to arrange an interview, please contact:

Erin Peterson, Communications Officer

P. 403.691.5905 C: 403.461.9738

E. erin.peterson@calgarycounselling.com