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NEWS RELEASE

Calgary Counselling Centre offers free confidential Depression Screening

City of Calgary proclaims Oct. 5, 2006 National Depression Screening Day

Calgary, AB – Sept. 20, 2006 – Calgary Counselling Centre challenges Calgarians to improve their lives – find out if you are depressed. Free, confidential depression screening will be available to Calgarians through the Calgary Counselling Centre on National Depression Screening Day (NDSD) - Oct. 5, 2006.

Depression is an illness experienced by nearly 20 per cent of Calgarians. It isn't caused by personal weakness, laziness or lack of willpower. It is treatable, yet nearly half of those who suffer symptoms of depression never seek help. It's such an important mental health issue, Mayor Dave Bronconnier has proclaimed Oct.5, 2006 as "National Depression Screening Day" in support of the Centre's initiative.

"Calgary is a dynamic city with lots of daily pressures, including job stress, traffic, and distance from family support" says Robbie Babins-Wagner, Calgary Counselling Centre CEO, "it's not surprising that depression is common among people living and working here. But, we know with Calgarians' can-do attitude, treating depression-related symptoms will help many people lead healthier lives and will contribute to Calgary's continued success."

This will be the second time free depression screening has been offered by the Calgary Counselling Centre. The Centre has seen an increase in the number of people seeking depression treatment as Calgary grows. Depression has always been the second most requested service at Calgary Counselling Centre.

"In most cases people can recover from depression with the appropriate treatment. The first step to beating it, is acknowledging it," says Wagner.

Depression screening does not attempt to offer a diagnosis of depression, but indicates to participants the presence or absence of symptoms and offers referral for further assessment.

People can use the free screening tool by visiting Calgary Counselling Centre's website (www.calgarycounselling.com) on Oct. 5, 2006, or calling the Centre directly at 403.265.4980 (from 9 a.m. to 8 p.m.). In the Centre's first NDSD in 2005, there were over 27,000 hits to the website in a 12-hour period.

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For more information about NDSD, please contact:

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