



Oct. 5, 2007

News Release

Parents – talk to your daughter and get her to take this test it just may change her life

Calgary, AB – Oct. 5, 2007 – Calgary Counselling Centre is seeking females under 18 for their third annual National Depression Screening Day on Oct. 11, 2007. Free, confidential, depression screening will be available to all Calgarians through the Calgary Counselling Centre's website on Oct. 11, 2007 -- with young women aged 18 and under being one of three risk groups the Centre hopes to target with this year's campaign.

"In 2006, not only did females 18 and under tend to score higher on the test," says Robbie Babins-Wagner, Calgary Counselling Centre CEO, "they were about twice as likely to receive a score high enough that a mental health evaluation was strongly recommended."

But young women aren't the only risk group. In fact, an estimated 15 to 20 per cent of all Calgarians will experience some form of depression or anxiety in their lifetime, yet nearly half of those suffering will never seek help.

"This confidential screening service provides the Centre with a unique opportunity to address depression on a local level," says Babins-Wagner. "The simple screening provides complete anonymity and 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."

Last year's National Depression Screening Day (NDS) identified divorced/separated men and people aged 60 and over as being the second and third highest risk groups. Divorced/separated men tended to score higher than divorced/separated women; also, people aged 60 and over had one of the highest percentages of all of the respondents scoring in the "Evaluation strongly recommended" category.

This will be the third time free depression screening has been offered by the Calgary Counselling Centre, and new efforts are in place to reach out to a larger demographic. For example, new this year is "Happy NDS", an open group on Facebook providing information on the Centre and how to access the free test.

The Mayor's office has proclaimed Oct. 11, 2007 as National Depression Screening Day in support of the Calgary Counselling Centre's initiative to provide education and treatment of depression.

The third annual free depression screening service will be available through Calgary Counselling Centre at calgarycounselling.com on Oct. 11, 2007, or by calling the Centre directly at 403.265.4980 (from 9 a.m. to 8 p.m.). Last year's NDS Calgary campaign was the third largest in North America, receiving over 25,000 hits to the website in a 24-hour period with over 1,100 respondents completing the survey.

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For more information, please contact:

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Calgary Counselling Centre is a registered charitable organization, and the leading research and knowledge-based counselling facility in Canada. Since 1962, the Centre has been committed to providing compassionate, professional and affordable counselling services that help build better lives for Calgarians through positive outcomes. Offering service in over 15 languages, the Centre is also a recognized leader in the treatment of family violence, depression, self esteem and eating disorders. Through its ongoing research and education programs, Calgary Counselling Centre strives to meet the changing needs of our community. The Centre's fee structure is based on income - no one is turned away for an inability to pay.

