



Sept. 30, 2008

News Release

4th Annual National Depression Screening Day – Oct. 9, 2008 Calgary Counselling Centre continues its commitment to help reduce depression in Calgary

Calgary, AB – Sept. 30, 2008 – Calgary Counselling Centre (CCC) will again provide the first step to help Calgarians conquer depression. On Oct. 9, 2008, the Centre will be the official Calgary testing centre for National Depression Screening Day. The Centre will offer a free depression screening service, aligning with the North American screening for Mental Illness.

“This free service is one way Calgary Counselling Centre gives back to our community,” says Robbie Babins-Wagner, Calgary Counselling Centre CEO. “Offering this service for the fourth year is our commitment to help reduce the affects of this treatable illness in our community. With a simple, confidential screening, we can help people discover if the way they’ve been feeling could, in fact, be depression.”

The confidential screening service on National Depression Screening Day indicates to participants the presence or absence of symptoms and offers referral for further assessment. Soon, they could be on the road to recovery.

Depression continues to be the top reason an individual seeks counselling at Calgary Counselling Centre. Affecting more than one million Canadians a year, it is estimated 15-20 per cent of Calgarians will experience some level of depression in their lifetime. It affects 121 million people worldwide, yet fewer than 25 per cent of those affected have access to effective treatments.

On October 9, 2008, confidential screening will be available online through www.calgarycounselling.com (midnight to midnight).

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For more information, or to arrange an interview, 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.

