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News Release

Individual counselling + group therapy = success Calgary Counselling Centre releases study focusing on depression as a part of Mental Health Awareness week

Calgary, AB – Oct. 7, 2008 – New research from Calgary Counselling Centre's Depression program has found Calgarians who seek help for depression are improving. Clients who attended individual counselling and the Centre's group therapy program, made even more progress by the end of the program than clients who attended individual counselling sessions.

The analysis was conducted using data from over 2000 men and women who attended Calgary Counselling Centre's depression programs between October 2004 and June 2008. This study utilized a pre/post-test design where client outcomes are tracked session by session.

"Depression is an illness experienced by nearly 20 per cent of Calgarians in their lifetime. It isn't caused by personal weakness, laziness or lack of willpower," says Robbie Babins-Wagner, CEO, Calgary Counselling Centre. "It is treatable, yet nearly half of those who suffer symptoms of depression never seek help."

Independent research by Ipsos Reid confirms two in ten workers across Canada say that in the last twelve months they have missed three or more work days due to depression, stress or anxiety.

"These are positive findings for the Depression program at Calgary Counselling Centre," says Wagner. "Given the growing health and social impact of depression on Calgarians, Calgary Counselling Centre has a range of programs to treat depression and is interested in understanding what program works for which clients and how best to provide service to a growing number of Calgarians with symptoms of depression."

To help people understand if what they're experiencing is depression, the Centre is offering free a depression screening service on Oct. 9, 2008. The screening program is part of National Depression Screening Day – a service offered throughout North America during Mental Health Awareness Week. Calgary Counselling Centre is proud to be the only Western Canada provider of this free service, and is offering it online at www.calgarycounselling.com from midnight to midnight on Oct. 9, 2008.

Calgary Counselling Centre is a leader in depression treatment in Canada and a leading provider of depression treatment in Calgary, offering programs for men, women and children who suffer from the illness. Depression has always been the second most requested service at Calgary Counselling Centre. This will be the fourth time free depression screening offered by the Calgary Counselling Centre.

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For more information about the study, 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.

