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MEDIA RELEASE
For immediate release

Depression does not discriminate

Calgary Counselling Centre urges people to watch for signs and seek help

Calgary, AB –Aug. 21, 2014 – The sudden and tragic death of the comedian and actor Robin Williams was devastating to his fans, friends and family. Sadly, it was Mr. Williams’ battle with depression that led him to take his life.

Depression is a complex disorder that inhibits healthy thinking. It affects you emotionally, physically, behaviourally and cognitively. It does not discriminate based on age, gender, personality, economic, ethnic or geographic position.

Research shows suicide is the leading cause of death for males 10 to 49 and the mortality rate of men is four times the rate of women.

For all of these reasons it is important to remember that right now in our community, many people are facing similar struggles: **depression doesn’t discriminate against anyone**, and seeking help is lifesaving.

We believe it essential to have access to help the moment you need it. This is why for more than 12 years we have not and will not have a waitlist for our services. If you need help, we will provide it, and we urge you not to wait if you need it.

“We know from research that 46 per cent of Albertans experience depression or anxiety, and only half of those people will seek help” says Thalia Anderen, Associate Director of Counselling Initiatives, Calgary Counselling Centre. “The good news is depression is highly treatable. People can and do recover. The earlier it’s identified and treated, the more effective the outcome.”

Five signs of depression and suicide:

1. **Feeling of helplessness and/or hopeless:** believing nothing will ever get better and nothing you do can improve the situation.
2. **Loss of interest in daily activities:** activities you once enjoyed no longer interest you and you feel like you have lost the ability to feel joy.
3. **Sleep changing:** either insomnia, especially waking in the early hours of the morning, or oversleeping.
4. **Self-loathing:** strong feelings of worthlessness or guilt. Saying things like “everyone would be better off without me”.
5. **Reckless behavior:** engaging in impulsive and dangerous behaviour.

Please act quickly. If you experience any symptoms or signs above depression is treatable and help is available.

If you or your loved one is dealing with mental health issues seek support now contact our Call Centre at 403-691-5991 or calgarycounselling.com to register for counselling. We understand the courage it takes to seek help. So we understand it’s vital to have access to affordable treatment right away.

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Calgary Counselling Centre has been an integral member of the community for 50 years. We provide barrier-free counselling services to individuals, families and couples experiencing emotional, psychological or social problems. Through our sliding fee-scale model, no one is turned away because of inability to pay; with no waiting list for over 12 years. The Centre has the largest training program for counselling in Canada and is seen as a national leader for training as well as domestic abuse programming, training and research. We are grounded in practice-based evidence research with a database of over 30,000 clients. And, we are achieving unparalleled results in our field; significantly out-pacing sector averages.

For more information or to arrange an interview, please contact:

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