

## Calgary Counselling Centre Launches National Depression Screening Day

**Calgary, AB – October 5, 2015** – Calgary Counselling Centre is pleased to announce the launch of National Depression Screening Day (NDS) – a free public service designed to raise awareness of depression by providing a free and anonymous online screening test.

“Depression does not discriminate based on age, gender, personality, or economic status,” says Dr. Robbie Babins-Wagner, the Centre’s CEO. “This year’s awareness campaign is especially important since many Albertans are dealing with increased levels of stress and anxiety due to the downturn in the Alberta economy.”

Depression is a complex disorder and affects people emotionally, physically, behaviourally and cognitively. If untreated, it can lead to even more serious affects including suicide. Three million Canadians will experience depression at some point in their life. One in five employees are diagnosed as clinically depressed and depression costs the Canadian economy \$8.1 billion every year.

People can take the free and anonymous online depression screening test from Oct. 5-11 on Calgary Counselling Centre’s webpage: [www.calgarycounselling.com](http://www.calgarycounselling.com) or [www.test4depression.com](http://www.test4depression.com). The test is available to anyone and takes less than five minutes to complete. It does not offer a diagnosis, but points out to participants the presence or absence of depressive symptoms and offers a referral for further evaluation, as necessary.

“Depression is highly treatable and early detection significantly improves the effectiveness of treatment,” Babins-Wagner says. “The online screening test is an excellent resource for people to learn if they have depressive symptoms so they can begin to address it.”

The Calgary Chamber of Commerce is the Centre’s primary partner for NDS and is hosting a breakfast on Thursday, October 8<sup>th</sup> featuring several speakers who are passionate about raising awareness of mental health. President and CEO Adam Legge, says employers should raise awareness on mental health.

“The downturn has affected many Calgarians and that takes a tremendous toll on mental health in the community. On October 8 we are encouraging all Calgary employers to support their staff, who may be experiencing greater stress, anxiety or even depression at this time, by encouraging them to go to take the free, confidential test,” Legge says. “Calgary companies can help their staff in this difficult time and I hope all Calgary’s leaders will join me in making this test known and available to their staff.”

Last year, 5,448 people took the test and 41 per cent of respondents were recommended for further treatment after exhibiting depressive symptoms.

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

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