

Depression is the most treatable of all mental health issues

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Calgary, AB – Nearly a decade ago, the World Health Organization predicted that depression would leap from the fourth to the second greatest cause of human suffering and disability by the year 2020. Unfortunately we have already reached this milestone.

To help encourage individuals to screen for their mental health and seek help if needed, Calgary Counselling Centre has been, for the past few years, spearheading National Depression Screening Day (NDS), an initiative to help defy depression in our community. As part of NDS, the Calgary Counseling Centre will be offering a free online Depression Screening Test, accessible to anyone, from October 3rd – 9th, 2016 at www.calgarycounselling.com.

“Depression has a ripple effect,” says Dr. Robbie Babins-Wagner, the Centre’s CEO. “Every depressed person that doesn’t get treatment affects the lives of at least three others and a child of a depressed parent is about *twice as* likely to develop depression.”

“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 Counseling Centre will be hosting the free and anonymous online depression screening test for the entire week (October 3rd to 9th). The test link will open on October 3rd on our webpage at www.calgarycounselling.com. The test is available to anyone and takes less than five minutes to complete. It offers individuals the opportunity to be tested for depressive symptoms.

The test is free and anonymous and can be done from any computer or mobile device.

Stats on depression

- Depression affects men and women of any age, education, economic or social status
- 46% of Albertans experience depression or anxiety, only half of those seek help
- In Calgary on average, 4 to 8 teenagers are depressed in **every classroom**. **Only 1 or 2** of those kids are getting help
- At any one time **1 in 20** employees can experience depression
- Suicide is the leading cause of death for males 10 to 49 and accounted for 24% of all deaths among 15-24 year olds
- The annual cost of depression in Canada is estimated at \$14 billion
- The estimated productivity loss cost of depression is **\$4.5 billion**

- Depression is diagnosed twice as much in women as it is in men
- Every depressed person that doesn't get treatment affects the lives of at least three others
- Depression is a complex disorder that inhibits healthy thinking. It affects one emotionally, physically, behaviourally and cognitively.
- Over 350 million people globally will experience depression in their lives
- Depression is the second leading cause of suicide and yet over half of those who suffer don't seek help

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

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