



*Helping People...
Changing Lives*

FOR IMMEDIATE RELEASE

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HSI PROVIDES FREE DEPRESSION SCREENING FOR NATIONAL DEPRESSION SCREENING DAY

Mental illness affects more American than heart disease, cancer and lung disease combined. 1 in 5 adults has a mental or emotional disorder. 1 in 20 deals with serious, persistent mental illness.

According to new information from the Screening for Mental Health organization the five most common symptoms of depression are:

- *Difficulty doing things done in the past*
- *Feeling hopeless about the future*
- *Difficulty in making decisions*
- *Feeling worthless and not needed, and*
- *No longer enjoying once enjoyable activities*

As part of a national effort to call attention to the prevalence of depression and other mental health disorders, FREE MENTAL HEALTH SCREENINGS will be provided to educate people to signs and symptoms, and connect those in need to treatment.

While the “blues” go away after a time, untreated clinical depression is an illness that typically persists and may lead, for some, to suicide. Yet, once treated, over 80% improve within one year. Medical and mental health professionals will help sort out the best treatments for individuals which most commonly include individual, group or family therapy, medication, or both. **Screening for depression is the first step in getting help.**

You need not suffer nor watch someone you love suffer any longer. Depression can be treated and the road to overcoming it starts with one step.

On Thursday, October 6, from 4:00 – 6:00 PM a free walk-in mental health assessment that includes a film, free brochures, short screening test, and a brief confidential conversation with a mental health professional will be held at HSI (Human Services, Inc.) Oakdale office, 7066 Stillwater Blvd. N. ph. 651/777-5222. No appointment is necessary.

HSI, a nonprofit organization with 7 offices located throughout Washington County, annually serves more than 8,600 residents by providing multi-services for adults, children, adolescents, and families who face daily struggles related to emotional disorder, mental illness, chemical dependency, or domestic or sexual abuse. In addition, HSI provides services for the elderly and adults with disabilities, which include nutritional services (Meals on Wheels and congregate dining), adult day programs, and transportation. For more information about HSI call 651-777-5222 or visit their web site at www.hsicares.org .

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