

## DEPRESSION SCREENING FOR SENIORS

National Depression Screening Day® (NDS), October 7th is the first and largest nationwide, community-based mental health screening program, provides in-person and online screening for four of the most common and frequently co-occurring mental disorders: depression, bipolar disorder, generalized anxiety disorder and post-traumatic stress disorder.

NDS is designed to call attention to mood and anxiety disorders on a national level, to educate the public and clinicians about their symptoms and effective treatments, to offer individuals the opportunity to be screened for the disorders, and to connect those in need of treatment to the mental health care system. Each fall, thousands of health care providers throughout the country conduct NDS events that reach roughly 200,000 individuals with educational resources, and screen more than 100,000 people for mood and anxiety disorders. In addition, more than 350,000 mood and anxiety disorder screenings will be conducted this year through our year-round, interactive screening programs.

**Note:**

Locally, the Liberty Senior Center at 251 East 700 South will provide free screenings to seniors age 55 and older from 9:00am until 2:00pm. To get more information about the screening for older adults, call: 273-4090. To find another location to get screened, or to do an online screening, go to [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org).