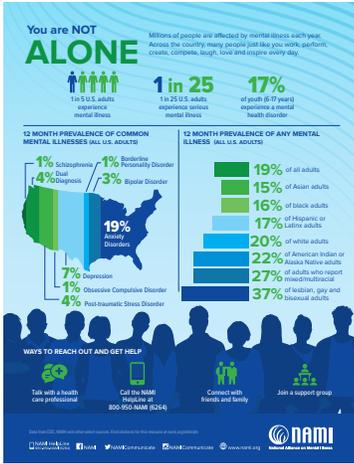


2020 National Depression Screening Day  
& Mental Illness Awareness Week  
(Click on images to download)



Post Date: Oct. 1

1 in 5 ADULTS and 1 in 6 YOUTH experience mental illness. It's important to know how common mental illness is, so we can understand its physical, social and financial impact — and so we can show that no one is alone.

<https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-You-Are-Not-Alone-FINAL.pdf>



Post Date: Oct. 2

Take advantage of this free webinar discussing the warning signs of depression, the importance of depression screening, and how to approach someone you think may need help. Register here:

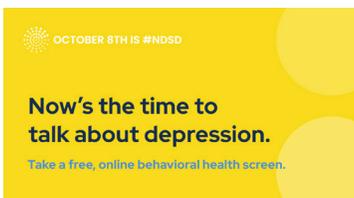
[https://zoom.us/webinar/register/9216008751573/WN\\_eRu5Xq8LQNOq-J2h4GB20Tg](https://zoom.us/webinar/register/9216008751573/WN_eRu5Xq8LQNOq-J2h4GB20Tg)



Post Date: Oct. 4

Today marks the start of Mental Illness Awareness Week! Stigma often gets in the way of people seeking help for behavioral health issues, and the first step in reducing stigma is starting a conversation. Learn about the warning signs of mental illness and visit <https://screening.mentalhealthscreening.org/NEW> to take an anonymous mental health screen.

Image Link: <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NA-MI-Warning-Signs-FINAL.pdf>



Post Date: Oct. 5

Checking up on your emotional wellbeing doesn't have to wait. For #NDS, take a free, online behavioral health screen – instantaneously and anonymously.

<https://screening.mentalhealthscreening.org/NEW>



Post Date: Oct. 5 (pm)- or repost from Mindwise FB page

FREE webinar tomorrow discussing the warning signs of depression, the importance of depression screening, and how to approach someone you think may need help. Register here:

[https://zoom.us/webinar/register/9216008751573/WN\\_eRu5Xq8LQNOq-J2h4GB20Tg](https://zoom.us/webinar/register/9216008751573/WN_eRu5Xq8LQNOq-J2h4GB20Tg)



Post Date: Oct. 6

Signs of depression can include:

- Feeling down and empty
- Easily frustrated or irritable
- Decreased interest/pleasure in activities
- Eating/sleeping changes
- Fatigue or loss of energy

Recognizing the warning signs of depression is an incredibly important first step in getting help for yourself or loved ones. Take just a few minutes to get a free online depression screen for #NDSO.

<https://screening.mentalhealthscreening.org/NEW>



Post Date: Oct. 7

Did you know the signs and symptoms of depression can look different in children vs. adults? Click the image to learn more.

Are you worried about your child? Are you noticing symptoms that look like signs of depression? Take this anonymous screen on behalf of your child.

<https://screening.mentalhealthscreening.org/NEW>



Post Date: Oct. 8

Taking a mental health screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. It only takes a few minutes, and after you are finished you will be given information about the next steps you should take based on the results.

In honor of #NDS, take a free, online, and completely anonymous behavioral health screen.

<https://screening.mentalhealthscreening.org/NEW>



Post Date: Oct. 8

Not feeling yourself lately? Know of a friend who seems to be struggling? Take a free anonymous youth mental health screening to learn more about how to help yourself or your friend, and share your concern with someone you trust.

<https://screening.mhanational.org/screening-tools/youth>



Post Date: Oct. 13

Last week was Mental Illness Awareness Week and National Depression Screening Day. As we take a look at the ripple effect of mental illness, it's important to continue this dialogue each and every week, with an impact that “ripples” throughout the year.

A free online mental health screen is available here: <https://screening.mentalhealthscreening.org/NEW>

Image Link: <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NA-MI-Impact-Ripple-Effect-FINAL.pdf>

**Did you know?**

You are not alone. An estimated 16 million U.S. adults — almost 7% of the population — had at least one major depressive episode in the past year, according to the National Alliance on Mental Illness. If you have felt down or overwhelmed in things that once brought you joy or had trouble falling/staying asleep or concentrating, then you might be experiencing symptoms of depression. Irritability or having a short fuse can also be symptoms of depression.

**Depression doesn't discriminate**

People of any age, race, orientation, or ethnic background can experience depression. You can be financially well-off or struggling and still feel depressed. However, depression does affect some groups more than others. Women, for example, are 70% more likely than men to experience depression.

Other factors can make people more vulnerable to developing depression — such as experiencing medical conditions including cancer, Parkinson's disease, HIV, eating disorders, substance use, diabetes, or a stroke.

**Things that can help:**

- Exercise
- Social Support
- Medication
- Stress Reduction
- Sleep

**Treatment works!**

Seeking professional help when struggling with depression is always a good idea. Social support is key to maintaining emotional health and well-being. You can learn to be better at using a crisis line — speak to someone about how you're feeling or if you're worried about a loved one by calling or texting a crisis line.

Contact the Crisis Text Line by texting TALK to 741741  
Call the Suicide Prevention Lifeline at 1-800-273-8255

MindWise.org

Post Date: Oct. 15

Did you know depression doesn't discriminate?

<https://screening.mentalhealthscreening.org/NEW>