

National Depression Screening Day October 6th

Cascade Employee Assistance Program has been selected as a screening site for National Depression Screening Day.

A recent Harvard Medical School study shows that 46 percent of Americans have experienced a mental illness at some point in their lives. For most people, figuring out the line between “I’ve been moody lately” or “I get tired easily”, with “I have depression” is difficult.

If you think that you or a loved one is showing signs of what may be depression, Cascade Employee Assistance Program can help. On October 6th Cascade is offering a free anonymous Depression screening, by phone.

The stigma associated with depression has decreased in recent years, but many people still aren’t able to recognize the disorder in themselves and others. This phone screening is an easy first step for anyone who’s concerned about their own mental health or of someone close to them.

Call Cascade for an over-the-phone depression screening. You will talk with a counselor who will provide an assessment with recommendations for treatment and/or resources.

Please remember the EAP as a resource. We help people deal with stress before it becomes depression. In addition to counseling employees, the Employee Assistance Program includes consultation for managers so they can spot warning signs of depression among their employees.

Please call 503-639-3009 or 1-800-433-2320 for an appointment, screening or information.