

OCTOBER 10TH IS NATIONAL DEPRESSION SCREENING DAY

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

During difficult economic times, it is normal to have negative feelings. However, when anger, worry, and irritability prevent people from accomplishing everyday tasks, getting help is crucial. Untreated depression can deplete a person's energy and interfere with their ability to complete basic tasks.

Recognizing that there is a problem is the first step to get help. Therefore, *Cascade EAP* is holding a free National Depression Screening Day event on October 10th. The free screenings will address the risks for suicide, bipolar disorder, generalized anxiety disorder, and posttraumatic stress disorder as well as depression.

For those who may like assistance with their emotional reaction, Cascade Employee Assistance Program will offer free, confidential mental health phone screenings. Callers will talk with a counselor who will provide an assessment with recommendations for treatment and/or resources.

To access a screening call **503-639-3009 or 800-433-2320** on **Friday, October 10th** from 8 a.m. to 4 p.m. (PST). Screenings will be anonymous if the caller wishes. You will be connected to an EAP counselor who will conduct an informational depression screening. Based on those results, the counselor will make recommendations of further steps for you to consider.

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.

Cascade Centers, EAP

Portland Metro Area: 503-639-3009 • Salem Area: 503-588-0777 • Toll Free: 1-800-433-2320