

FOR IMMEDIATE RELEASE

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**Feeling sad, stressed or anxious?
A normal reaction to life events or something more?**
Learn more at the HelpLine National Depression Screening Day Event on October 10th

Delaware, OH - With soaring gas prices, rising mortgages and a recession looming, no one can blame you for feeling anxious or overwhelmed. These days it is common *and* understandable to be angry, worried and even gloomy, especially if you lost your job, your house, or are stressed about paying the bills

Worry, anger and stress are normal, appropriate and even necessary during life's difficult moments. But when negative feelings prevent you from doing your daily activities or interacting with friends and loved ones, it might be time to seek help.

Attend the HelpLine National Depression Screening Day event **on October 10th**. As part of the program you will have the opportunity to complete a brief, written questionnaire, learn about the symptoms of depression, and how to help a friend or family member who may be at risk. You will also have the option of talking to a health care professional about any concerns you may have. Screenings will be offered at the following locations and times:

Mean Bean Caffeine Lounge - 2 North Sandusky Street, Delaware, Ohio
8:00 a.m. to 9:30 a.m. and 11:00 a.m. to 1:00 p.m.

Delaware County Job and Family Services - 140 North Sandusky Street, Delaware, Ohio
10:00 a.m. to noon; 1:00 p.m. to 3:00 p.m.

Some facts about depression:

- Depressive disorders affect approximately 18.8 million American adults or about 9.5% of the U.S. population age 18 and older in a given year.
- Trauma, loss of a loved one, a difficult relationship, or any stressful situation may trigger a depressive episode. Subsequent depressive episodes may occur with or without an obvious trigger.
- More than 80 percent of people with clinical depression can be successfully treated. With early recognition, intervention, and support, most employees can overcome clinical depression and become productive and full-functioning employees again.

For more information on National Depression Screening Day, call HelpLine at 211 or 1.800.684.2324, or visit www.helplinedelmor.org.

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About HelpLine

HelpLine of Delaware and Morrow Counties, Inc. is a private, non-profit organization that provides a 24-hour crisis support hotline, information and referral to direct services and advocacy, prevention education, and serves as the area's only volunteer center. Committed to empowering people through knowledge, support and resources, HelpLine facilitates the stability and self-sufficiency of the emotional and financial needs of the Delaware and Morrow County communities. HelpLine is a contract provider of the Delaware-Morrow Mental Health & Recovery Services Board and partially funded by the Council for Older Adults. A United Way Agency, HelpLine is accredited by the American Association of Suicidology, National Alliance of Information & Referral Systems and certified by the Ohio Department of Mental Health. For more information, please visit: www.HelpLinedelmor.org.

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