



FOR IMMEDIATE RELEASE
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CONTACTS: Mark Bertolet
412-350-3439
mark.bertolet@alleghenycounty.us

Margi Shrum
412-350-5482
margi.shrum@alleghenycounty.us

October 9 is National Depression Screening Day

Free, self-administered screening for depression available through DHS website

Today, in recognition of National Depression Screening Day (NDSD), the Allegheny County Department of Human Services (DHS) is encouraging adults to take a free, self-administered, online screening for depression to help assess their risk for mood and anxiety disorders. A confidential, online screening tool is available on the DHS website at www.alleghenycounty.us/dhs/nasd.aspx.

Online screening is available year round to determine if behaviors related to mood, anxiety levels or use of alcohol might indicate that a professional consultation could be of help. An evaluation and response is immediate and, if appropriate, contact information is provided for further assistance.

It is important to remember that everyone experiences stress, sadness and anxiety from time to time. However, changes in mood and behavior that interfere with an ability to work, sleep, eat and enjoy life might be an indication of depression or other mental health conditions. Depression is a treatable condition that affects nearly 10 million Americans each year.

NDSD is an annual event held each October. It is a time to raise awareness and educate the public about mental health, especially depression, bipolar disorder, generalized anxiety disorder and post-traumatic stress disorder.

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MARC CHERNA, DIRECTOR
DEPARTMENT OF HUMAN SERVICES – OFFICE OF COMMUNITY RELATIONS
101 HUMAN SERVICES BUILDING • ONE SMITHFIELD STREET • PITTSBURGH, PA 15222

