



**FOR IMMEDIATE RELEASE**  
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### **September 10 is World Suicide Prevention Day**

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

**PITTSBURGH** – Today, in recognition of World Suicide Prevention Day, 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 <http://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, suicidal thoughts, or 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.

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