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DRAFT. Not for release. Approved for release by: Trish Factor

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Message status:

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Message Title:

Free Depression Screenings for Mental Health Awareness Month

Message:

30% of adults reported they or a family member had been diagnosed with or treated for depression, according to the 2016 Crawford County and Galion City Community Health Assessment. May 17th from 5 pm-8 pm at the Galion City Health Department, Community Counseling and the Galion City Health Department are teaming up to provide FREE depression screenings. This event will coincide with Third Fridays in Galion and be held at the health department. All ages are welcome, and no appointment is necessary. As a bonus, there will be a free gift for the first ten participants!

Whether for heart disease, high blood pressure, diabetes or depression, health screenings provide a quick and easy way to spot the first signs of serious illness and can reach people who might not otherwise seek professional medical advice.

Like screenings for other illnesses, depression screenings should be a routine part of healthcare.

Why Screen for Depression?

- Clinical depression is a serious medical illness.
- Clinical depression can lead to suicide.
- Sometimes people with depression mistakenly believe that the symptoms of depression are a "normal part of life."
- Clinical depression affects men and women of all ages, races and socioeconomic groups.
- Only about a third (35.3%) of those suffering from severe depression seek treatment from a mental health professional.
- Depression can co-occur and complicate other medical conditions.
- Screenings are often the first step in getting help.

Who Should Get Screened?

People suffering from depression often experience some of these key symptoms:

- A persistent sad, anxious or "empty" mood
- Sleeping too little, early morning awakening, or sleeping too much
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of interest or pleasure in activities once enjoyed
- Restlessness or irritability
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Thoughts of death or suicide



See attached flier*