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## Governors State University to provide free depression screenings

University Park, September 23, 2005 – Governors State University will provide free, confidential depression screenings on Thursday, October 6, from 10 a.m. until 7 p.m. The screenings will take place in the Hall of Governors, on the university's main campus, 1 University Parkway, University Park.

The university welcomes community members as well as GSU staff and students to take part in the event. Individuals wishing to receive a screening can attend anytime that day; no reservation or appointment is required.

This event is being held as part of National Depression Screening Day and is a result of a partnership between the Division of Student Development and the Counseling Lab at GSU. As a regular part of their services, the Division of Student Development offers counseling to university students, while the Counseling Lab provides similar services to community members.

"Seeking help for depression is no different than seeking help for diabetes or arthritis," said Karen Cox, licensed Clinical Psychologist and Outreach Counselor at Governors State University. Depression is a condition that usually responds well to treatment, and 80 percent of those who seek help show signs of recovery.

National Depression Screening Day began four years ago as the first nationwide, community-based mental health screening program. Through its partnership with thousands of community-based, college, and primary care screening sites, National Depression Screening Day has become the single largest mental health screening event in the country.

"Each fall, thousands of health care providers, nationwide, conduct events that reach 200,000 individuals with educational resources, and screen more than 100,000 people for mood and anxiety disorders," Cox said.

For more information about the free screenings or National Depression Screening Day, contact Karen Sinwelski at 708-534-4090.