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Free, Confidential Depression Screening at Governors State University

University Park, September 26, 2006 - The statistics are astounding. More than 4 million adults in the United States suffer from anxiety disorder. An estimated one in ten Americans suffers from depression each year. More than five million American adults experience Post Traumatic Stress Disorder and one in every one hundred adults are affected by Bipolar Disorder.

"These conditions adversely effect the mental health of millions of people daily," explains Karen Cox, Licensed Clinical Psychologist and Outreach Counselor at Governors State University in University Park. "It is important to discover if the feelings that impact our everyday lives are treatable symptoms of mental health disorders."

To help people identify the possibility that they are suffering from one of these conditions, Governors State University is offering free depression screenings as part of National Depression Screening Day on October 5, from 11 a.m. to 7 p.m., in the Student Development Office.

"This screening is not diagnostic. It is merely an indicator," explains Cox. "If someone is worried about themselves or someone they care about, this screening is an effective tool. It is completely private and takes only ten minutes. We explain the screening results immediately and do not share them with anyone else."