

9-25-2008

## GSU National Depression Screening Week

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### Recommended Citation

Office of Public Affairs, "GSU National Depression Screening Week" (2008). *Press Releases*. Paper 378.  
[http://opus.govst.edu/press\\_releases/378](http://opus.govst.edu/press_releases/378)

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## GSU National Depression Screening Week

University Park, IL, September 25, 2008 – With approximately one in six people experiencing some sort of significant depression at some point in life, it has become very important that the symptoms are recognized and treated. As part of National Depression Screening Week, the Academic Resource Center's Counseling Center at Governors State University will host informal seminars, provide information, and offer free, confidential depression screening. All Depression Screening Week events and services are free and open to the public.

"We want to help people understand that depression and anxiety are not character flaws or personal weaknesses. They are illnesses that are highly responsive to treatment," explained Tamekia M. Scott, Outreach Counselor at the Academic Resource Center.

Free depression screening is available from October 6 through 9, in the Academic Resource Center, B1215. The screening involves completing a brief questionnaire and a conversation with a mental health professional. The questionnaire results are anonymous and confidential. The mental health professional will offer next step suggestions if they are warranted.

In addition, information about depression will be available on October 6 through 8, from noon to 4:30, in the Hall of Governors.

The Academic Resource Center will also offer seminars on mental health conditions, in room B1215. On October 6, from 6 to 7 p.m., the discussion will be on Bipolar Disorder. On October 7, from 6 to 7 p.m., the topic will be Generalized Anxiety Disorder. And on October 8, from 5 to 6 p.m., the seminar will be on Post-Traumatic Stress Disorder.

The Academic Resource Center provides ongoing counseling services to GSU students.

The Counseling Lab at Governors State University provides free, confidential counseling services to families and adults. Governors State University is located at 1 University Parkway, University Park, Illinois. For more information, call (773) 235-2228.