



## WELLNESS NOW

**For Release:** October 8<sup>th</sup>, 2015 – Contact us at [media@occhd.org](mailto:media@occhd.org) 405-417-1634

### **The Wellness Now Coalition and INTEGRIS Health Team Up for National Depression Screening Day at 5 Metro Libraries on Thursday, October 8th**

Oklahoma City County Health Department's Wellness Now Coalition in collaboration with INTEGRIS Health through a subscription to Screening for Mental Health, Inc. will hold a depression awareness event to recognize National Depression Screening Day (NDS). The annual campaign brings public attention to the critical needs of those living with depression and other mental health related illness. The screening event will be held at 5 metro libraries on Thursday, October 8th from 1pm to 7pm and will also include free QPR Suicide Prevention Trainings from 7pm to 8pm.

This marks twenty-five years of large-scale mental health screening efforts by Screening for Mental Health, Inc. Screenings will take place at the following libraries: **Belle Isle Library, Edmond Library, Midwest City Library, Northwest Library & Southern Oaks Library**. For more information about these offerings through the Metropolitan Library System please visit [metrolibrary.org](http://metrolibrary.org). Thousands of community-based organizations, and colleges hold depression awareness events each year. They provide a comfortable and private way for individuals to assess their mental health.

Symptoms include:

- Feelings of sadness or emptiness that don't go away within a few weeks
- Extreme irritability over minor things
- Loss of interest in activities once enjoyed
- Difficulty concentrating
- Appetite/weight changes

"National Depression Screening Day is a great opportunity to educate the community about common mental health conditions, find local resources, and take a screening," said Sara Barry, with INTEGRIS Health. Screening events will be held across the country on October 8. The screening site, [www.HelpYourselfHelpOthers.org](http://www.HelpYourselfHelpOthers.org) provides a full listing of participating organizations. To take the screening online and for free information and resources including a free series of videos and podcasts on emotional wellness and mindfulness please visit <http://screening.mentalhealthscreening.org/integris>

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