

IT'S NOT JUST THE ECONOMY THAT IS DEPRESSED THESE DAYS



**If you are feeling sad, anxious, or overwhelmed,
take an anonymous mental health self-assessment**

Thursday, October 7 is National Depression Screening Day!

Mental Health America of Wisconsin offers online screenings, year-round for:

- Depression
- Generalized Anxiety Disorder
- Post Traumatic Stress Disorder
- Bipolar Disorder
- Eating Disorders
- Alcohol Use

Visit www.mhawisconsin.org/screening



National Depression Screening Day®