



COUNTY OF SAN DIEGO NEWS RELEASE

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MAY IS MENTAL HEALTH MONTH **Depression Screenings in East County Provide Referrals and Resources**

May is Mental Health Month and the County of San Diego Health and Human Services Agency (HHSA) is sponsoring a series of events throughout the month, including four no-cost depression screenings in East County.

Trained mental health volunteers will administer depression screening tools to adults 18 years and older at the following dates, times and locations:

May 13, 2010

9:00—11:00 a.m.
El Cajon Family Resource Center
220 S. First St.
El Cajon, CA 92019

May 18, 2010

1:00—3:00 p.m.
Alpine Family Medicine Adult and Pediatric Clinic
1620 Alpine Blvd., Suite 109
Alpine, CA 91901

May 15, 2010

9:30 a.m.—12:00 p.m.
Santee Library
9225 Carlton Hills Blvd. #17
Santee, CA 92071

May 24, 2010

10:00 a.m. —12:00 p.m.
Casa de Oro Library
9805 Campo Rd. #180
Spring Valley, CA 91977

“Mental health is just as important as physical wellbeing,” said Chairwoman Pam Slater-Price from the County of San Diego Board of Supervisors. “Depression screenings provide a quick and easy way to detect the first signs of a potential serious mental illness.”

East County residents are encouraged to get screened for depression. Screenings may consist of a written screening test, a discussion of the results with a mental health professional, sharing educational information on depression, and, if necessary, a referral for additional help.

Symptoms of depression include persistent sadness or anxiety, feelings of hopelessness, loss of interest or pleasure in ordinary activities, insomnia or oversleeping, and thoughts of death or suicide.

“One out of every 4 adults will suffer from a diagnosable emotional or behavioral disorder in his or her lifetime. It is important for people to know that help is available,” said HHSA Director Nick Macchione.

People in need of mental health services may also call the County’s 24-hour, multilingual Access and Crisis Line at (800) 479-3339.

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