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**FOR IMMEDIATE RELEASE**

## **Don't Suffer in Silence—Screening for Depression is Available**

This year, National Depression Screening Day is on Thursday, October 8, 2020, during Mental Illness Awareness Week. It focuses on calling attention to the illness of depression on a national level, educating the public about its symptoms and effective treatments, offering individuals the opportunity to be screened for depression, and connecting those in need of treatment to the resources available.

As the coronavirus disease 2019 pandemic moves into its sixth month, it is more important than ever for people to examine their mental well-being and recognize when they may feel anxious, sad, or depressed. Generally, depression affects about 16 million American adults every year, but this year its impact may be much greater.

Depression is more than just feeling down or having a bad day and can interfere with normal, everyday functioning. This illness causes people to lose pleasure from daily life, can complicate other medical conditions, and can even be serious enough to lead to suicide. Therefore, identifying its symptoms and seeking help can improve, even save, someone's life.

Symptoms of depression may include:

- Feeling sad or anxious often or all the time
- Not wanting to do activities that used to be fun
- Feeling irritable, easily frustrated, or restless
- Having trouble falling asleep or staying asleep
- Waking up too early or sleeping too much
- Eating more or less than usual or having no appetite
- Experiencing aches, pains, headaches, or stomach problems that do not improve with treatment

**-More-**

Established in 1945, DuPage County Health Department promotes physical and emotional health; prevents illness injury and disability; protects health from environmental risk factors, and strives to assure the provision of accessible, quality service.

**STAY SAFE  
DUPAGE**



- Having trouble concentrating, remembering details, or making decisions
- Feeling tired, even after sleeping well
- Feeling guilty, worthless, or helpless
- Thinking about suicide or hurting yourself

If you are concerned and suspect you may have depression, Mental Health America offers free screening tools that are anonymous and confidential. Take an [online depression screening](#). Depression is treatable with the majority of those who seek treatment showing improvement. The most commonly used treatments are antidepressant medication, psychotherapy, or a combination of the two.

If you or someone you know is showing symptoms of depression; or using drugs and alcohol to cope with depression, help is available. The DuPage County Health Department offers various programs and services:

- **Crisis Services** are available, 24 hours a day, 7 days per week. If you are experiencing a crisis, call (630) 627-1700 or learn more at <https://www.dupagehealth.org/183/Crisis-Services>.
- **Behavioral Health Services** to address the mental health and substance use needs of individuals. To schedule an intake appointment, please call 630-682-7400 or learn more at <https://www.dupagehealth.org/174/Adult-Services>.
- **National Suicide Prevention Lifeline** is also available 24/7 at 1-800-273-8255 or learn more at <https://suicidepreventionlifeline.org/>. To connect to one of our emergency services counselors, please call 630-627-1700.

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