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Feeling sad, stressed or anxious?

A normal reaction to life events or something more?

**Learn more at Lighthouse Care Center's National Depression Screening Day Event
at**

Healthfinders in the Coastal Grand Mall on October 9th 10am-2pm
Screening is FREE and Food and Gift Certificates will be provided!!!

With soaring gas prices, rising mortgages and a recession looming, no one can blame you for feeling anxious or overwhelmed. These days it is common *and* understandable to be angry, worried and even gloomy, especially if you lost your job, your house, or are stressed about paying the bills.

Worry, anger and stress are normal, appropriate and even necessary during life's difficult moments. But when negative feelings prevent you from doing your daily activities or interacting with friends and loved ones, it might be time to seek help.

Attend Lighthouse Care Center and Healthfinder's National Depression Screening Day event **on October 9th**. As part of the program you will have the opportunity to complete a brief, written questionnaire, learn about the symptoms of depression, and how to help a friend or family member who may be at risk. You will also have the option of talking to a health care professional about any concerns you may have. Screenings will be offered from 10am-2pm.

Some facts about depression:

- Depressive disorders affect approximately 18.8 million American adults or about 9.5% of the U.S. population age 18 and older in a given year.
- Trauma, loss of a loved one, a difficult relationship, or any stressful situation may trigger a depressive episode. Subsequent depressive episodes may occur with or without an obvious trigger.
- More than 80 percent of people with clinical depression can be successfully treated. With early recognition, intervention, and support, most employees can overcome clinical depression and become productive and full-functioning employees again.

For more information on National Depression Screening Day, call Lighthouse Care Center at 843-347-2550x6, or visit www.MentalHealthScreening.org.