



St. Joseph's Behavioral Health Center

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**Free Mental Health Evaluation
National Depression Screening Day, October 6, 2005**

Between 17 and 20 million Americans each year develop some form of depression. People with depression often feel alone, not realizing that depression affects many people. In fact, one out of every five adults may experience a depression at some point their lives.

If you're concerned that you or someone you care about could be experiencing depression, attend a FREE screening on October 6, 2005 at St. Joseph's Behavioral Health Center, from 8 a.m. to 7 p.m. at 2626 N. California St. Suite J, Stockton, CA.

Common symptoms of depression include feelings of sadness, loss of pleasure in usual activities, feelings of hopelessness, helplessness, and worthlessness, changes in sleep and appetite, loss of energy, restlessness, and thoughts of death or suicide. Manic-depression also includes feelings of euphoria and/or agitation. Unfortunately, fewer than half of those suffering from the disorders actually received treatment; however, depression is one of the most treatable of illnesses, with the vast majority of sufferers showing improvement in as little as eight weeks.

Those attending the free screenings will have the opportunity to hear an educational presentation on depression and manic-depression, complete a written screening test, and talk one-on-one with a mental health professional. Individuals who appear to need further evaluation will be given referrals to local treatment services.

Appointments encouraged, however walk-ins are welcomed. For more information contact St. Joseph's Behavioral Health Center, (209) 938-0831 or (800) 559-0558.

news release

About St. Joseph's Behavioral Health Center:

St. Joseph's Behavioral Health Center is a licensed nonprofit hospital providing psychiatric and chemical dependency care to central California. We offer a 35-bed inpatient hospital, comprehensive day-treatment programs, and day and evening outpatient services. Board certified psychiatrists, physicians and licensed professionals address all medical and psychological needs of our patients. "Adding Life to Years" is our philosophy. For more information visit us on the web at www.StJosephsCanHelp.org.

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