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Contact: Richard Dehnert-Community Relations Coordinator-Verde Valley
Guidance Clinic 634-2236 richardd@vvgclinic.org

Verde Valley Guidance Clinic Offers On-Line Depression Screening

Individuals and families concerned about depression may want to take advantage of an on-line depression screening offered through the Verde Valley Guidance Clinic and Empowerment Systems. A link to the confidential on-line screening can be reached by going to the Guidance Clinic's web site, www.verdevalleyguidanceclinic.com then click "links and resources" and DepressionAZ.com. The screening is available in both English and Spanish and is completely confidential. While October 8th has been designated as National Depression Screening Day, the on-line screening is available year long.

Though many people still try to ignore or downplay depression, mental health professionals point out that untreated depression is the number one cause of suicide. Among those vulnerable to depression, young people are no exception. Statistics supplied by Mental Health America of Arizona site the following facts:

The Facts:

- Life crises or major changes are risk factors for teen depression.
- One out of 10 of our youth suffer from an emotional disorder.
- Of every 5 youth who are mentally ill, only 1 will seek treatment.
- Arizona is #8 in the nation for teen suicides.
- 3 children complete suicide each month in Arizona.
- 4 of 5 teens who attempt suicide exhibit clear warning signs.
- Suicide is the third leading cause of death for 15-24 year olds in Arizona.
- For every completed teen suicide, approximately 100-200 attempts

While it may be difficult for parents to talk with teens about depression (or for children to address their parent's mental health issues), directing a loved one to the on-line depression screening may be a way to build awareness and encourage someone to seek treatment. The Verde Valley Guidance Clinic operates a 24-hour crisis line (634-2236) for persons who feel they may be in crisis due to depression or other behavioral health issues. Depression is serious and should not be ignored.