

Memo

To: All County Employees and Residents
From: Alameda County Behavioral Health Department
Date: October 10, 2024
Subject: National Depression Screening Day

Dear Colleagues and Community Members,

Alameda County Behavioral Health Department (ACBHD) is committed to recognizing National Depression Screening Day on October 5th. This day serves as a critical checkpoint in our ongoing efforts to address mental health in our community.



The Vital Role of National Depression Screening Day

This day stands as a frontline defense in our battle against depression by:

1. **Early Detection Arsenal:** equipping our community with tools to identify depression symptoms early, potentially averting crises.
2. **Conversation Catalyst:** engaging in crucial dialogue about mental health designed to normalize discussions about depression.
3. **Resource Bridge:** connecting individuals with vital mental health resources they might otherwise not know how to access.
4. **Community Health Barometer:** hosting events, providing valuable data on our community's mental health, and informing future initiatives and resource allocation.

History of National Depression Screening Day

National Depression Screening Day was established in 1990 by Screening for Mental Health, Inc. (now part of MindWise Innovations), a non-profit organization.

The initiative began as an effort to reach individuals nationally with important mental health education and connect them with support services. Since its inception, National Depression Screening Day has become a significant annual event, with thousands of organizations across the United States hosting in-person and online screening events.

The date of October 5th was chosen to coincide with Mental Illness Awareness Week, which typically occurs in the first full week of October. This timing allows for a focused approach to depression awareness within the broader context of mental health education and advocacy.

ACBHD's Commitment

At Alameda County Behavioral Health Department, we are dedicated to supporting mental health and well-being in our community. On National Depression Screening Day, we will be:

1. Offering free, confidential depression screenings at various locations throughout the county
2. Hosting virtual webinars on understanding depression, its symptoms, and treatment options
3. Providing resources and referrals for those who may need further evaluation or support
4. Launching a social media campaign to raise awareness about depression and the importance of mental health screenings

We encourage all members of our community to participate in these initiatives. Whether you're concerned about yourself or a loved one, taking a mental health screening is an important first step toward understanding and addressing potential mental health issues. Remember, depression is treatable, and recovery is possible. If you or someone you know is struggling with depression, please reach out for help. Our department is here to provide support and connect you with appropriate resources.

For more information about our National Depression Screening Day activities or to access mental health resources, please visit our [website](#) or contact our office.