

FOR IMMEDIATE RELEASE

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**Feeling Stressed, Anxious, or Depressed?
Help Could Be Just A “Click” Away**

Mental Health America of Greenville County offers online NDS Mental Health Screenings

Have you been feeling consistently moody or sad? Can't relax or concentrate? Been alternating between highs and lows? Have you been troubled by unexplained aches and pains? Are you unable to eat or sleep? If so, you may be suffering from a mental health disorder.

Mental Health America of Greenville County is offering free online mental health screenings for a range of common emotional situations that often go undiagnosed and misunderstood. If you haven't been feeling like yourself lately, a screening can help you figure out what is wrong.

Online screenings for depression, bipolar disorder, generalized anxiety disorder, and post traumatic stress disorders are available at www.mhagc.org.

We are pleased to be able to offer online screenings to the community as a part of this year's National Depression Screening Day. Many people are not able to attend a screening event due to work, school, family commitments, and sometimes even fear. Despite significant advances in treatment, we still live in a world where depression and other mental health problems are not always talked about openly. The online program offers people the opportunity to take a screening from the comfort of their own home at any time throughout the year. We want individuals to realize that help is available and life can get better.” say Michelle Morton, MHAGC Director of Outreach and Education.

For a full listing of events scheduled for National Depression Screening Day or to learn more about Mental Health America of Greenville County please call 864-467-3598, e-mail michelle.morton@mhagc.org, or visit www.mhagc.org.



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