

**For Immediate Release**



**Ben Gordon Center offers  
Free Mental Health Screenings online  
As part of  
National Sleep Awareness Week**

Did you sleep well last night? Your answer to this question could tell others much about your mood and energy level today. It has been found that the emotion centers of the brain are over 60% more reactive after missing a single night's sleep (*ScienceDaily*, 2007).

To anyone who has suffered a sleepless night, these results probably aren't surprising. However, they do offer insight into the link between depression, anxiety, and sleep problems. If you find that you have more than an occasional poor night's sleep, or if you feel exhausted during the day despite sleeping through the night, it may be a sign that you are suffering from depression, anxiety or another mental health condition.

Because sleep is so important to your mental health, Ben Gordon Center is honoring National Sleep Awareness Week, March 7-13, by offering the opportunity to complete a free, anonymous screening for depression, anxiety and other common mental health conditions. The screenings are available at: [www.bengordoncenter.org](http://www.bengordoncenter.org).

We hope that you will take advantage of these screenings as a way to look at how you have been feeling and to make sure depression or another mental health condition is not getting in the way of your good night's sleep.



**815-756-4875**

**12 Health Services  
Dr.  
DeKalb Illinois  
60115**

**CRISIS HOTLINE:**

**1-866-BGC-0111**

**For more information  
about Ben Gordon  
Center's Community  
Wellness Series or  
mental health and  
substance abuse  
services call**

**815-756-4875.**

**Or visit our  
Website at  
[www.bengordoncenter.org](http://www.bengordoncenter.org)**

Ben Gordon Center offers mental health and recovery services for adults children, teens and families in our community. Professionals have specific expertise in the treatment of Depression, Anxiety and family issues. For more information about the free screenings or to make an appointment for you or someone you love call Ben Gordon Center at 756-4875. Treatment is available and treatment does work.

Ben Gordon Center, Inc. offers services on a sliding fee for those who qualify. Ben Gordon Center, Inc. also accepts Medicaid, Medicare, and all Insurance Plans. The Ben Gordon Center, Inc. is fully accredited by the Joint Commission, the Illinois Division of Mental Health and the Division of Alcohol and Substance Abuse Services.

Ben Gordon Center, Inc. is an experienced provider of behavioral health services for adults children and families for mental health, chemical dependency and substance abuse disorders. Services are available in DeKalb and Sandwich.

***For More information about Mental Health and Substance Abuse Services***

***Call 815-756-4875.***

Or visit our Website at [www. Bengordoncenter.org](http://www.Bengordoncenter.org)

ScienceDaily. (2007, October 23). *Sleep Loss Linked to Psychiatric Disorders*. Retrieved December 9, 2009, from <http://www.sciencedaily.com/releases/2007/10/071022124729.htm>