



# NEWS RELEASE

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## For Immediate Release

### **Economic Crisis Making You Anxious or Depressed?**

*Is it a normal reaction to stressful events or something more?*

***Ben Gordon Center offers free community wellness seminar on  
Coping skills to help deal with the economic downturn***

With the crisis on Wall Street, a boom of home foreclosures, and high energy and food prices throughout the country, no one can blame you for feeling anxious or overwhelmed. These days it is common and understandable to be angry, worried and even gloomy, especially if you lost your retirement fund, your job, your house, or are stressed about paying the bills.

Worry, anger and stress are normal, appropriate and even necessary during life's difficult moments. But when negative feelings prevent you from doing your daily activities or interacting with friends and loved ones, it might be time to seek help.

Tough economic times like these can add to an individual's or family's stress, anxiety or depression. These stressors if left untreated can have overall effects on an individual's emotional health and well being. We see with any increased stress the results on family, job function and relationships.

This month as part of National Depression Screening Day, held on October 8 & 10 and throughout the month of October the Ben Gordon Center is offering free mental health screenings and

depression screenings. At this free, public event you can take an anonymous test to see if you might suffer from depression or a related disorder and learn how to get help.

You can take just a few minutes to complete a questionnaire that gauges your likelihood for depression, generalized anxiety disorder, posttraumatic stress disorder and bipolar disorder. We will also offer a wide range of educational resources on these disorders, geared toward solutions and recovery for adults, teens, children and families – so you can attend a screening event if you're concerned for yourself, or if you're worried about someone close to you. We will also offer the opportunity to meet one-on-one with a mental health professional to talk about your personal concerns. We are also offering the free screening online at [www.bengordoncenter.org](http://www.bengordoncenter.org). Individuals wishing to take the free on line screening can follow the link and the direction on our website.

Some facts about depression:

- Depressive disorders affect approximately 18.8 million American adults or about 9.5% of the U.S. population age 18 and older in a given year.
- Trauma, loss of a loved one, a difficult relationship, or any stressful situation may trigger a depressive episode. Subsequent depressive episodes may occur with or without an obvious trigger.
- Depressive disorders costs employers more than US\$51 billion per year in absenteeism and lost productivity, not including high medical and pharmaceutical bills.
- More than 80 percent of people with clinical depression can be successfully treated. With early recognition, intervention, and support, most individuals can lead productive lives.

On Wednesday October 15<sup>th</sup> at 7:00 pm the Ben Gordon Center will also offer a free community wellness seminar on coping with economic stress. Here the staff of the Ben Gordon Center will offer strategies on coping with anxiety, stress and depression as well as indicators if professional counseling series are needed.

Ben Gordon Center offers mental health and recovery services for adults and families in our community. Ben Gordon Center offers services on a sliding fee for those who qualify. Ben Gordon Center Inc also accepts Medicaid, Medicare, and all Insurance Plans. Ben Gordon Center Inc is fully accredited by JCAHO, Office of Mental Health and the Office of Alcohol and Drug Addiction Services.

Ben Gordon Center is an experienced provider of behavioral health services for adult's children and families.

**For more information about the Free Screening, the free community wellness seminar or, mental health, substance abuse treatment or about Family or individual counseling call the Ben Gordon Center at....**

**815-756-4875**

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