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**There is NO health  
without mental health!**

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## Take a Depression Screening

Whether for heart disease, high blood pressure, diabetes, or depression - health screenings provide a quick and easy way to spot the first signs of serious illness and can reach people who might not otherwise seek professional medical advice. Clinical depression is a common medical illness affecting more than 19 million American Adults each year. Like screenings for other illnesses, depression screenings should be a routine part of healthcare.

### Why Screen for Depression?

- Clinical depression is a serious medical illness.
- Clinical depression can lead to suicide.
- Sometimes people with depression mistakenly believe that the symptoms of depression are a "normal part of life."
- Clinical depression affects men and women of all ages, races and socioeconomic groups.
- One in four women and one in ten men will experience depression at some point during their lifetime.
- Two thirds of those suffering from the illness do not seek the necessary treatment.
- Depression can co-occur and complicate other medical conditions.
- More than 80% of all cases of clinical depression can be effectively treated with medication, psychotherapy or a combination of both.
- Screenings are often the first step in getting help.

One of the quickest and easiest ways to determine whether you have symptoms of depression is by taking a free, [confidential depression-screening test](#).