

## Calgary Counselling Centre urges Canadians to screen their mental health with free online tool

*Visiting [www.areyoufeelingok.com](http://www.areyoufeelingok.com) from October 4 to 10 and taking a 3-minute self-assessment can be the first step to getting help and feeling better.*

**CALGARY, October 3, 2021** – Nineteen months into the COVID-19 pandemic, Calgary Counselling Centre (CCC) is asking Canadians to check in on their mental health via a free, anonymous, three-minute online depression screening.

The self-assessment at [www.AreYouFeelingOk.com](http://www.AreYouFeelingOk.com) is part of the Centre's 15<sup>th</sup> annual National Depression Screening Day (NDS) initiative, which occurs this year from October 4 to 10, and could not come at a more relevant time.

"Amid the ongoing pandemic and fourth wave, many people are struggling," says Dr. Robbie Babins-Wagner, Calgary Counselling Centre CEO. "The three-minute depression screening at [www.AreYouFeelingOK.com](http://www.AreYouFeelingOK.com) is a simple first step to check in with your mental health and get help if you need."

The test, which can be accessed by anyone, anywhere in the world from Oct. 4 to 10, is focused on depression because it's both the leading cause of suffering and disability worldwide, but it is also highly treatable. Last year, more than 10,000 people completed the questionnaire, which screens for depressive symptoms and shows users that feeling better is within reach.

"Getting help for my depression helped me reframe how I look at the world, listen to my feelings instead of suppress them, and become more aware of my thoughts," says Sarv Brar, former CCC client.

In addition to the online test, as part of this year's NDS initiative, several virtual events will occur from October 4 to 10, including a Calgary Chamber of Commerce panel and a Business Council of Alberta event, both with business leaders. There will also be two Facebook Live streams featuring past CCC clients and a Calgary Public Library event with Kelly Hruddy. More than 50 local organizations, from breweries and restaurants to non-profits and post-secondary institutions, have signed on as partners to support the NDS initiative. Canadians are also being urged to highlight their mental health journeys on social media by sharing the steps they've taken to feel better during the pandemic using the hashtag #OneStepBetter.

"We've been through a lot over the last 19 months. The pandemic has been so challenging for so many," says Dr. Babins-Wagner. "It's so important we take the time to check in on our mental health. A small step can make a world of difference. I urge everyone to take one simple step at [www.AreYouFeelingOk.com](http://www.AreYouFeelingOk.com)."

### **About Calgary Counselling Centre:**

Since 1962, Calgary Counselling Centre has been providing the most effective counselling services with the highest client results in the industry. As the preeminent research, training and knowledge-based counselling organization in Canada, The Centre offers counselling to all age groups in a variety of areas including depression, children's programs, domestic abuse, eating disorders, separation/divorce, trauma and self-esteem. Through ongoing research and education programs, Calgary Counselling Centre is committed to meeting the changing needs of our community

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