

# National Depression Screening Day<sup>®</sup>



## FACES of Depression

**F**ighting  
**A**merica's  
**C**hallenges by  
**E**nding  
**S**tigma

# Dear Community Partner:

*As clinicians, counselors, advocates, and educators, we know firsthand that mental illness cuts across all lines. We know that one in every six adults has a mental illness, yet because of stigma and other factors, fewer than half of those suffering actually seek treatment, even though treatment is often successful.*

*We invite you to join thousands of organizations nationwide in raising awareness and combating stigma around mood and anxiety disorders by registering to host National Depression Screening Day (NDSD) in your community. Since 1991, more than a million people have been screened and helped because of NDSD. Join us as we celebrate our 20th year and help put F.A.C.E.S. on mental illness.*

*Sincerely,*

*Dedicated staff at Screening for Mental Health® (SMH)*

## Is Depression Screening Effective?

Yes. Results from a 2009 independent research study by the University of Connecticut, commissioned by SMH, showed that 55% of study participants who took an online depression screening sought treatment within three months of completing the screening.

## Who Participates?

Thousands of organizations nationwide register for NDSD each year, including community clinics and hospitals, community behavioral health centers and practices, social service agencies and public health commissions, older adult facilities, colleges and universities, advocacy organizations, and military installations.

# How Does It Work?

NDSO is designed to serve as a stand-alone event or complement existing educational programming such as health and wellness fairs or family and community days. Based on your organizations' size and needs, registration options include:

## NDSO Community Kit

Ready-to-go packs of printed materials, including:

- 50 adult screening forms (with scoring instructions)
- 1 NDSO banner and 10 posters
- 1 DVD on mental health
- Clinician Packet (includes cards for depression, bipolar, PTSD, and generalized anxiety disorder and a Suicide Assessment Five-Step Evaluation and Triage (SAFE-T) card)
- Brochures on mood and anxiety disorders, wellness, and self-care
- Free access to downloadable kit (see below)

## NDSO Downloadable Kit

Ideal for organizations that can self-print multiple copies, including:

- Best Practices Guide
- Promotional templates and tools
- Wide variety of educational hand-outs
- Clinician Packet

## Year-Round Online Screenings Available for Your Community!

Stay connected to your community by offering unlimited, year-round, anonymous, online screenings for mood and anxiety disorders, alcohol use disorders, and eating disorders. Through the online screening, your community members can learn about your organization and receive referrals to your organization (or others in your community) for evaluation and/or treatment. Features of the online screening include:

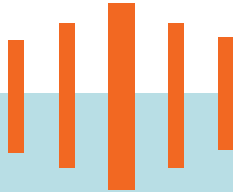
- User-friendly and can be customized with logos, company colors, and a personalized welcome and referral message
- The opportunity to let your community members know about your organization's services and referrals for evaluation and treatment to those in need.
- Utilization reports can be automatically downloaded - providing information on usage, results, and user demographics.

# Feel Good Bingo Kit for Older Adults Back by Popular Demand

According to the National Mental Health Association survey, more than two-thirds of adults aged 65 and older know little or almost nothing about depression, with 58% of those surveyed believing that depression is a “normal” response to getting older.

Feel Good Bingo is a classic and all-around fun, educational game that will get your seniors talking about the signs and symptoms of depression and generalized anxiety disorder (GAD). The Feel Good Bingo Kit includes:

- ❑ 50 bingo boards (5 copies of 10 different boards, ensuring fun for up to 50 participants)
- ❑ 24 master deck cards (these cards contain images of signs and symptoms of depression and GAD, such as “lonely” or “restless,” players match the master deck image to the images on their bingo board)
- ❑ 300 bingo chips (to be used as game markers)
- ❑ Access to the NDSB Downloadable Kit
- ❑ 50 screening forms
- ❑ 50 educational flyers



## NDSB Team – At Your Service!

- ❑ Participating sites receive bimonthly e-newsletters filled with helpful information, tips and tools, and other relevant resources
- ❑ Participating sites get access to free webinars featuring guest speakers addressing current topics in the mental health field
- ❑ Participating sites get individualized phone/email assistance with all aspects of their NDSB event or online screenings

All participating organizations may have their event posted on the NDSB Event Locator page – ideal for promoting an event and/or online screening to the public.

# Registration Form

Register ONLINE at: [www.MentalHealthScreening.org](http://www.MentalHealthScreening.org)

MAIL or FAX this form with payment to:

Screening for Mental Health, Inc., P.O. Box 984001, Boston, MA 02298-4001

Fax: 781-431-7447 Phone: 781-239-0071 Email: [NDSD@MentalHealthScreening.org](mailto:NDSD@MentalHealthScreening.org)

## CONTACT INFORMATION

Organization Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Street: (UPS cannot deliver to P.O. Boxes) \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Country: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Location of your Event (if different from above)  
\_\_\_\_\_

Event Date: \_\_\_\_\_ Start Time: \_\_\_\_\_ End Time: \_\_\_\_\_

Event Public Inquiry Phone Number (If different from above) \_\_\_\_\_

Please promote my event to the public (included with purchase of kit/online screening service)

Ship Kit to:  Organization  Event Location

Shipping costs included unless outside the continental US. Contact us for details.

Kits/Services	Price	Quantity	Amount
NDSD Community Kit (includes Downloadable Kit)	\$175		
Feel Good Bingo Kit for Older Adults (includes Downloadable Kit)	\$150		
Community Downloadable Kit	\$75		
NDSD Online Screening- Eng. and Span. (includes Electronic Kit)	\$255		
Alcohol Online Screening- Eng. and Span. (includes Electronic Kit)	\$255		
Eating Disorders Online Screening-Eng. and Span. (includes Downloadable Kit)	\$255		
ALL Online Screenings (includes Downloadable Kit)	\$595		
<b>Total:</b>			

Purchase extra materials online at: [www.MentalHealthScreening.org/NDSD](http://www.MentalHealthScreening.org/NDSD)

## PAYMENT INFORMATION

Check Enclosed Check Number: \_\_\_\_\_

All checks payable to: Screening for Mental Health/NDSD Program

For faster processing include "402-NDSD Community" in the memo field of check.

Tax ID# 04-3221069 Purchase Order# \_\_\_\_\_

Credit Card  American Express  Discover  MasterCard  Visa

Account Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_