

**Feeling SAD, ANXIOUS, and WORRIED?**

Come to the ***FREE DEPRESSION SCREENING***

It isn't a sign of weakness, and it won't go away on its own.

# Depression Screening Day

## University Counseling Services



**Date:** Wednesday, October 5, 2011

**Time:** 11:00 am – 3:00 pm

**Location:** University Counseling Services

Student Development and  
Success Center

(on Center Rd across from  
Erickson Field)

If you are concerned about your mood or coping with stress, come to University Counseling Services and take a quick self-test and talk with a counselor. If you're worried about a friend, walk them over. Open to all UMBC students.

Screenings are completely ***free*** and ***confidential***. The screening is an opportunity to learn more about anxiety and mood disorders.

As part of the screening, you will have the opportunity to:

- Complete a written self-test questionnaire
- Discuss your results with a health professional
- Pick up educational pamphlets and brochures
- Sign up for a Skills for Success Workshop
- Join a group