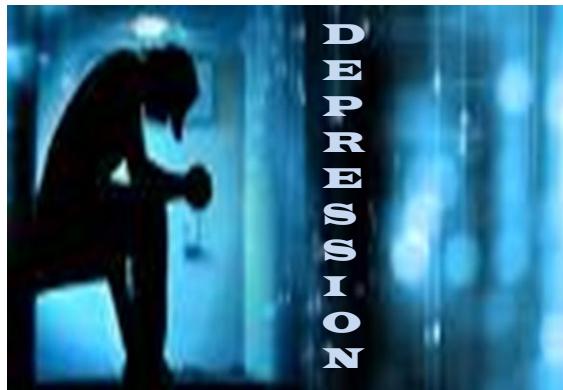


**Feeling SAD, ANXIOUS, and WORRIED?**

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