

National Depression Awareness Month

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What is it?

October is National Depression Awareness Month for the Army. On Oct. 6, 2011, organizations and communities across the U.S. will observe 'National Depression Screening Day' to educate people about the various signs and symptoms of depression and the availability of free anonymous behavioral health screenings. The Army theme for 2011 is "Healthy Body - Healthy Mind."

Read More:

<http://www.army.mil/standto/>

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