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The Army marks National Depression Awareness Month in October, with a theme of "Depression is Treatable - Get Screened - Seek Care."

Dunham Army Health Clinic is bringing to easy attention an anonymous screening tool to help understand if seeking care is the right move. www.militarymentalhealth.org/dunham

Clinical depression is a serious medical condition that, if left untreated, may lead to other complicated medical conditions. Seeking treatment for a medical condition is not a sign of weakness. It may prevent a good Soldier from becoming a casualty.

The National Institute of Mental Health has reported that major depressive disorder affects some 14.8 million people in the United States.

Signs and symptoms of depression may include sadness, loss of interest in things you once enjoyed, feelings of guilt or worthlessness, restlessness, withdrawing from friends and Family or trouble concentrating or making decisions.

Depression also may produce body aches and pains, irritability, anxiety, over eating or loss of appetite or thoughts of suicide or death.

Unfortunately, many people believe their symptoms are a normal part of life. Two-thirds of people who suffer from depression fail to seek the care needed.

The truth is, more than 80 percent of clinical depression cases can be treated effectively with medication, psychotherapy or both.

Often, the first step to recovery is a depression screening.

Anonymous depression screenings are available: www.militarymentalhealth.org/dunham The screening site will offer information about how to find local resources.

Check out www.militarymentalhealth.org/dunham and you'll find a host of learning tools and resources. Videos address many topics, including "Dealing with alcohol," "Posttraumatic Stress Disorder" and "Being the Spouse Left Behind." Through a series of interviews and acted scenarios, the videos reassure viewers that no one is alone -- there is help for everyone. And, that help is identified: military referrals that show you where to turn to for help and support.

There's nothing to lose and much information and understanding to gain:
www.militarymentalhealth.org/dunham.

For more information, see www.behavioralhealth.army.mil/, www.resilience.army.mil/, www.army.mil/csrf/ and www.militaryonesource.com.

U.S. Army War College Archives - News Article - 05 October 2010