



Screening for Mental Health, Inc.
One Washington Street, Suite 304
Wellesley Hills, MA 02481

Non-Profit Org.
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“Educating our service members about depression is key in promoting healthy behaviors among our troops as well as reducing stigma. By connecting our soldiers with the available treatment resources, our NDSD event was a nonthreatening way to encourage them to seek help when needed.”

-Sally Falasca, LISW-S, BCD

FEELING LOST?
LET US HELP YOU FIND YOUR PATH

National Depression Screening Day® (NDSD)
*Free resources to conduct a mental health screening program
for your service members and families*

WHY PARTICIPATE?

Service members and their families face unique challenges that can often take a toll on their mental well-being. While some of these can be self-managed, some require further evaluation and help from a health provider. Research shows that early identification of mood disorders can lead to more positive outcomes. Mood disorder screening is often the first step to receiving treatment.

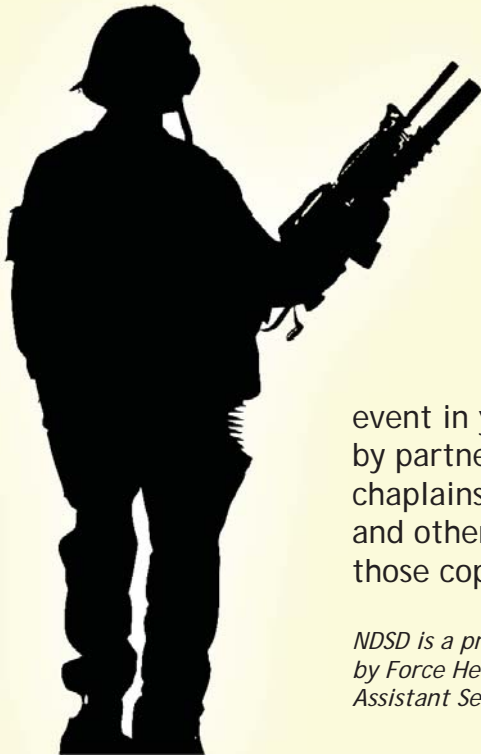
PROGRAM GOALS:

- Reduce stigma and raise awareness about mental health disorders
- Anonymous self-assessments for mood and anxiety disorders
- Refer those who may need treatment for further evaluation
- Promote help-seeking

Your NDSO materials are designed as a “just add water” kit for conducting a mental health education and screening event. We provide a planning guide, promotional materials (i.e., posters), educational materials, and screening forms. You provide the location and staff, including a clinician, who will run the event. Planning an NDSO

event in your community can be done by partnering with other groups such as chaplains, unit commanders, Reserve units, and other organizations or persons who help those coping with the stress of military life.

NDSO is a program of Military Pathways™ which is funded by Force Health Protection & Readiness, Office of the Assistant Secretary of Defense, Health Affairs



REGISTRATION FORM

There is NO FEE for these products and services. You must be a DoD or VA affiliated organization.

- English National Depression Screening Day® Kit (one kit per customer)* (for 500 participants)
- Spanish National Depression Screening Day® Kit (one kit per customer)* (for 50 participants)
- Customized Online Screening includes welcome message and referral information for your installation's or unit's behavioral health resources. To view a demo of the online screening, visit: www.MentalHealthScreening.org/NewOnlineScreening
- A Different Kind of Courage Video ____ quantity (up to five)* Please note-one video is included in each kit

**If you require additional materials such as screening forms, wallet cards (which direct people to online screening), or videos, please contact us.*

MY CONTACT INFORMATION:

Unit/Installation Name: _____

Rank: _____ Branch: _____

Name: _____

Street: _____

City: _____ State/Country: _____ Zip: _____

Phone: () _____ Fax: () _____

Email: _____

NEW! ONSITE FACILITATORS

- I am interested in having an NDSO trainer on-site at our event to provide implementation assistance (the NDSO program staff will contact you regarding logistics)

National Depression Screening Day®
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