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FOR IMMEDIATE RELEASE

Branches Counseling Center Offers Depression Screenings to Promote National Depression Screening Day Thursday, October 9 *Mental Health Assessments Help to Identify Depression and Mood Disorders*

Murfreesboro, TN, September 26 – Branches Counseling Center is proud to participate in the 23rd annual National Depression Screening Day[®] by providing free screenings for depression and other mood disorders from 9 a.m. – Noon, Thursday, October 9 at Reeves-Sain Drug Store, 1801 Memorial Blvd. in Murfreesboro. National Depression Screening Day raises awareness and screens people for depression and mood disorders and allows individuals to identify warning signs and connect with the appropriate treatment resources. Similar to many physical illnesses, early recognition and treatment offers the best opportunity for recovery from mental illness.

National Depression Screening Day, held on October 9th through the nonprofit, Screening for Mental Health, serves as a supportive community initiative to connect the public with mental health screenings. This year's theme focuses on viewing and treating mental health with the same gravity as physical health. Hundreds of organizations across the country including community centers, hospitals and colleges are hosting National Depression Screening Day screening events.

“Mental Health deserves the same attention as physical health,” said Tracey Robison, Clinical Director at Branches. “Our goals for this event are to raise awareness for mental health disorders and connect community members who may be struggling with depression or other mood disorders with quality, local treatment options.”

Although the screenings are not diagnostic, they will determine if someone is exhibiting symptoms associated with depression and other mood disorders and if they should seek help. In a recent independent study commissioned by the nonprofit Screening for Mental Health, 55 percent of study participants who completed a depression and mood disorder screening sought treatment within three months.

About Screening for Mental Health

Screening for Mental Health, Inc. (SMH), the pioneer of large-scale mental health screening for the public, provides innovative mental health and substance abuse resources, linking those in need with quality treatment options. SMH programs, offered online and in-person, educate, raise awareness, and screen individuals for depression, bipolar disorder, generalized anxiety disorder, posttraumatic stress disorder, eating disorders, alcohol use disorders, and suicide. Thousands of organizations worldwide including hospitals, military installations, colleges, secondary schools, corporations, utilize our educational and screening programs, and in turn, have reached millions of people ranging from teenagers to adults.

For more information about Screening for Mental Health, visit www.MentalHealthScreening.org.

About Branches Counseling Center, founded in 2007 by Mike Courtney, Ph.D. and his wife Doris Courtney, with offices in Murfreesboro, Lebanon, and Springfield, TN and St. Augustine, FL, is a 501(c)(3) non-profit, faith based counseling center offering healing and hope for those struggling with family or emotional issues both adult and children, anxiety, depression or addiction regardless of ability to pay. The dedicated and well-trained staff of both state licensed and pastoral counselors work with couples, individuals, children, and teens to bring the very best of traditional counseling and Biblical principles to personal, family, and relational issues to help bring meaning and wholeness to everyone the center serves. Branches accepts most major medical insurance plans. For more information about services or to make a donation contact Branches Counseling Center, 1450 Battleground Drive, Murfreesboro, TN 37129; phone 615-904-7170; or email from the “contact us’ page at www.branchescounselingcenter.com

* Branches Counseling Center is pleased to make available our professional staff members for interviews should you need information concerning behavioral health issues. Please contact Mike Courtney, Ph.D., Executive Director and Founder of Branches at 615-944-7103 (cell) or mike@mikecourtney.net; Tracey Robison, LPC, MHSP, and Clinical Director for Branches at 615-904-7170 or trobison@branchesrecoverycenter.com.

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