



PROCLAMATION – NATIONAL DEPRESSION SCREENING DAY

OCTOBER 9, 2025

WHEREAS, Counselling Alberta is committed to providing affordable and professional counselling services that help build better lives for Albertans. Since 2005, National Depression Screening Day (NDSD) has raised community awareness by offering a free and anonymous online screening tool for depression.

AND WHEREAS, Depression is the most treatable mental health issue, early treatment promotes faster recovery and prevents long-term effects on individuals and their families;

AND WHEREAS, In 2024, of the 2,498 Albertans who participated in the NDSD online screening test, 63 percent were recommended to seek further evaluation;

AND WHEREAS, During the week of October 6-12, Albertans are encouraged to check in on their mental health and take the free online screening test at www.areyoufeelingok.com;

NOW, THEREFORE I, Mayor PJ Stasko, on behalf of Camrose City Council, do hereby proclaim October 9, 2025 as “National Depression Screening Day” in the City of Camrose.

PJ Stasko, Mayor