



WHAT YOU CAN DO FOR NATIONAL DEPRESSION & MENTAL HEALTH SCREENING MONTH

- **YOU or SOMEONE YOU KNOW** has experienced a mental illness
- **1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year
- 14.8 million adults in the U.S. are affected by **Major Depressive Disorder**
- 46.2% of U.S. adults with mental illness **receive treatment**

In response to the rise of anxiety, depression, and more mental health crisis, medical experts recommend that ***every adult under 65*** should be screened for mental health.

Depression is all around us- you are not alone if facing symptoms yourself or living with someone who is. Simply offering a listening ear, a comforting hug, empathy, and asking questions while withholding judgment can go a long way to comfort others. Depression is a highly treatable condition with many different options available, but a professional should be sought out to help determine the best course of action for every individual that is suffering from it.

Aldea empowers people to improve their mental health and family functioning, creating a safer and healthier community for all of us. **Mental Health Screenings** can be coordinated by your primary doctor to help people identify mental health conditions and access the treatment they may need.

[Aldea Counseling Services \(ACS\)](#) encompasses a wide range of mental health

services, including:

- Individual, family, and group psychotherapy
- Behavioral support services
- Psychiatry, including medication management
- Specialty mental health services for children ages 0-5
- Youth Diversion Services, in partnership with the Napa Police Department, to prevent delinquency among at-risk youth (the City of Napa only)

10 Common Signs Of A Mental Health Condition

MANY OF US KNOW SOMEONE WITH OBSESSIVE-COMPULSIVE DISORDER

Get involved with steps to improve your, (or someone you know's) daily routine from disturbing patterns. Help others understand the benefits of [Cognitive Behavior Therapy \(CBT\)](#).

Problem-solving tips for not only OCD, but anxiety, depression, panic attacks, addictions, anger, and phobias can be:

1. Identify the problem
2. Generate a list of potential solutions
3. Evaluate the strengths and weaknesses of each potential solution
4. Choose a solution to implement
5. Implement the solution

TRICK OR TREAT!

Happier Halloween Tips and Awareness:

- Leave plenty of lights on allowing easy direction to your front door
- If you want to participate but do not want to interface, opt to leave a bowl with a friendly note at your driveway or door instead

- Plan out your neighborhood visits for treating and park so you can walk as much as possible
- Use reflective tape or clip-on flashlights while on the streets trick or treating
- Drive extra slow
- Cross streets at corners - make eye contact with approaching cars
- Leave your phones at home and take advantage of spending quality time with your group

ALDEA
is growing!

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- CASE MANAGERS
- CLINICAL SUPERVISOR
- BILINGUAL THERAPISTS
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