

Hi

I'm Katherine from Calgary Counselling Centre (CCC) & Counselling Alberta. CCC is a non-profit, providing counselling since 1962. Last year, we launched Counselling Alberta, a division of CCC, offering counselling to all Albertans.

In Oct., we host National Depression Screening Day (NDSD), a public service to help raise awareness of depression and encourage those who need it to get help. We provide a free/anonymous online depression screening test. Many have found it to be a crucial first step to improved mental health.

We're asking for your support to encourage your network/followers to take the screening quiz at areyoufeelingok.com from Oct. 2-8.

How can you help?

- * Post on social media – we'll provide you with assets, including social media posts, key messages, and images.

- * Send out info about the quiz to your network

If you can participate, please register to become a partner here: calgarycounselling.com/ndsd-2023

Let me know if you have any questions.

Thanks!