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**To:** Brad Schlossberger <[brad.schlossberger@claresholm.ca](mailto:brad.schlossberger@claresholm.ca)>, Kieth Carlson <[kieth.carlson@claresholm.ca](mailto:kieth.carlson@claresholm.ca)>, Mike Cutler <[mike.cutler@claresholm.ca](mailto:mike.cutler@claresholm.ca)>, Rod Kettles <[rod.kettles@claresholm.ca](mailto:rod.kettles@claresholm.ca)>, Kandice Meister <[kandice.meister@claresholm.ca](mailto:kandice.meister@claresholm.ca)>, Diana Ross <[diana.ross@claresholm.ca](mailto:diana.ross@claresholm.ca)>, Craig Zimmer <[craig.zimmer@claresholm.ca](mailto:craig.zimmer@claresholm.ca)>

**Cc:** Katherine Hurtig <[Katherine.Hurtig@calgarycounselling.com](mailto:Katherine.Hurtig@calgarycounselling.com)>

**Subject: Request for Proclamation: National Depression Screening Day – October 9, 2025**

Dear Mayor Schlossberger and Members of Claresholm Council,

I'm reaching out on behalf of [Counselling Alberta](https://www.counsellingalberta.com) to invite your municipality to proclaim **October 9, 2025, as National Depression Screening Day.**

Since 2005, Counselling Alberta and Calgary Counselling Centre have hosted National Depression Screening Day as a free, public service to raise awareness about depression and the importance of checking in on our mental health. Each year for one week in October, Albertans are encouraged to visit [areyoufeelingok.com](https://areyoufeelingok.com) to take a free, anonymous online screening for symptoms of depression. The screening doesn't provide a diagnosis, but it helps identify signs of depression and encourages people to seek support if needed.

***Last year, nearly 2,500 Albertans used the online screening tool—and many more accessed counselling services through Counselling Alberta, including individuals from your own community. A local proclamation would help normalize conversations about mental health, reduce stigma, and encourage even more people to take that first step toward feeling better.***

### **About Counselling Alberta**

Counselling Alberta is a division of Calgary Counselling Centre, offering professional, affordable online counselling to individuals across the province, as well as in-person services in Edmonton, Fort McMurray, Grande Prairie, Lethbridge, Medicine Hat, and Red Deer. We offer a sliding fee scale, no waitlist, and services in multiple languages to ensure support is accessible to all Albertans.

**We've included a sample proclamation below for your consideration.** We hope you'll join us in this province-wide effort to support mental health and make it easier for your residents to access help.

Thank you for your leadership and commitment to community well-being.

### **Example proclamation:**

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.

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

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

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 [areyoufeelingok.com](http://areyoufeelingok.com)  
On behalf of City Council, I hereby proclaim October 9, 2025 as National Depression Screening Day

Thank you again for your consideration, and if you have any questions, please don't hesitate to reach out.

Best,  
Jenna



**Jenna Forbes**

Communications & Marketing Associate

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