



October 6 Is National Depression Screening Day

“I’m a wife, mom and artist and have been diagnosed with depression.”

One in four Alaskans struggles with a treatable mental health condition. Someone you know may be silently struggling with depression. It may be the person you least expect, it might even be you. Treatment works and recovery happens.

Take the first step and get a free screening.

**Providence Seward Medical and Care Center
417 First Street
11:30 am – 3:30 pm, Thursday, October 6th**

For online screening and resources go to
<http://www.hss.state.ak.us/amhb/>

Advisory Board on Alcoholism
and Drug Abuse



Alaska Mental Health Board

www.hss.state.ak.us/amhb/

The TRUST

The Alaska Mental Health
Trust Authority

www.mhtrust.org

Marieke Heatwole is a successful metal smith artist, mental health advocate and past Alaska Mental Health Board member.

