

Free, anonymous online [mood disorder screenings](#) available to members and nonmembers

INDIANAPOLIS, Oct. 10, 2013 /PRNewswire-USNewswire/ -- Across all ages, races, and genders, nearly one in 10 people in the United States suffers from depression. Although many people experience the first symptoms of depression during their college years, stress at any stage of life can lead to depression and other mood disorders. Mental health screening allows individuals to identify warning signs early and connect with the appropriate treatment resources. Early recognition and treatment offers the best opportunity for recovery.

In conjunction with Mental Health Awareness Week, Kappa Alpha Theta Fraternity for women and Kappa Alpha Theta Foundation offers free, anonymous [mental health screenings](#). These online evaluations are an easy way for individuals—whether or not they are members of Kappa Alpha Theta—to monitor their mental health and learn about local treatment options.

"Recent statistics from the Centers for Disease Control and Prevention show that about half of American adults will develop a mental illness at some point in their lifetime," says Amy Hayner Kates, Kappa Alpha Theta president. "It's important to learn the signs and symptoms of depression, such as changes in appetite, loss of energy or loss of interest in your usual activities, as well as the necessary steps you can take to improve your health."

Although the online screenings are not diagnostic, they do provide valuable insight into symptoms associated with depression and other mood disorders and can help individuals determine if they should seek help. In a recent independent study commissioned by the nonprofit Screening for Mental Health, 55 percent of study participants who completed an online depression and mood disorder screening sought treatment within three months of taking the

Kappa Alpha Theta Promotes National Depression Screening Day

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screening.

Kappa Alpha Theta is proud to provide mental health check-ups as part of its innovative Sisters Supporting Sisters program, which is designed to increase the dialogue concerning and support for all aspects of mental health. The online screening was developed by [Screening for Mental Health, Inc.](#), a pioneer in the concept of large-scale mental health screening and education programs since 1991.

About Kappa Alpha Theta: Founded in 1870 at DePauw University in Greencastle, Ind., [Kappa Alpha Theta](#)

is recognized as a leader in the Greek community in terms of programs for members, scholarships awarded, and chapter excellence. Kappa Alpha Theta supports more than 135 college chapters and 200 alumnae groups across the US and Canada

. Membership totals nearly 220,000.

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