



Tri-City Medical Center

For Immediate Release
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Tri-City Medical Center to Offer Free Depression Screenings

Oceanside - Depression is a serious and complex disease that affects 19 million Americans every year. In an effort to shed light on this pervasive disease, Tri-City Medical Center is offering free depression screenings* which are open to all adults in the community. Each individual will have the opportunity to discuss the results with a Tri-City Medical Center mental health professional.

Symptoms of depression include:

- persistent sadness
- feelings of hopelessness
- unexplained weight loss or gain
- loss of interest in activities
- decreased energy
- difficulty concentrating
- insomnia or over-sleeping
- thoughts of death or suicide

Free Depression Screenings

Thursday, October 7th, 2 p.m. to 5 p.m.

Assembly Room 2

Tri-City Medical Center

4002 Vista Way Oceanside, 92056

No appointment necessary – Open to all adults

Tri-City Medical Center has comprehensive inpatient and outpatient behavioral health programs. For more information visit tricitymed.org or to reach a Tri-City Intake Coordinator call 1-877-299-0664. Dial 9-1-1 for immediate assistance.

*The screenings are not a professional diagnosis. They point out the presence or absence of depressive symptoms and provide a referral for further evaluation, if needed. You should see your doctor or a qualified mental health professional if you experience five or more the symptoms for longer than two weeks or if the symptoms are severe enough to interfere with your daily routine.

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