



## *Check your mental wellness!*

**Anxiety and depressive disorders can occur at any age.  
They are treatable medical illnesses.  
You can feel better!**

**If you have several of these symptoms for two weeks or more, it's time to check your mental wellness.**

- persistent sadness or lack of motivation
- eating or sleeping difficulties
- withdrawal from social contact
- unexplained aches and pains
- panic attacks
- feelings of hopelessness
- inability to concentrate
- constant worry, tension or nervousness
- phobias, obsessions or rituals
- thoughts of death or suicide

**To take a free, confidential mental health screening  
and receive a free mental health consultation**

**by phone or in person**

**call 859-431-1077**

### Internet sites

Depression/anxiety information and screening links

[www.guidetofeelingbetter.org](http://www.guidetofeelingbetter.org)

Anxiety disorders and depression screening

[www.freedomfromfear.org](http://www.freedomfromfear.org)

Alcohol screening

[www.alcoholscreening.org](http://www.alcoholscreening.org)

National anxiety and depression screening site locator line

1-888-442-2022

Brought to you by the Mental Health Association of Northern Kentucky, UW, and Speaking of Women's Health

