



News release
FOR IMMEDIATE RELEASE
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Alberta Blue Cross® partners with Calgary Counselling Centre to offer free online depression screening tests for Albertans

As Depression and Mental Health Screening Month kicks off, Alberta Blue Cross is partnering with the Calgary Counselling Centre to help Albertans navigate increasing mental health concerns resulting from COVID-19 through the use of a free online depression screening test.

Alberta Blue Cross, in partnership with the Calgary Counselling Centre and other local partners, is offering free access to its Test4Depression tool—a free online tool that helps people check in with their mental health, while simultaneously encouraging those with depressive symptoms to seek help. The test, which is offered in five languages, is available to access from October 5 to 11, 2020, in conjunction with National Depression Screening Day. The online test is completely anonymous and can be accessed through any computer or mobile device at test4depression.com/.

“We know that back to school and the change in season brings a lot of adjustments for Albertans. Amid this year of challenges, we want to continue to support Albertans with their mental health needs. If this screening tool can help even a few Albertans check in with their mental health, and perhaps recognize they need help sooner, then this year’s campaign will have been a success,” says Rebecca Smillie, manager of Community Impact with Alberta Blue Cross.

National Depression Screening Day is the newest addition to an array of community partnerships Alberta Blue Cross has participated in to support the mental health needs of Albertans through the pandemic. Other notable initiatives include Edmonton’s 24/7 Access Centre in partnership with the Royal Alexandra Hospital Foundation, the Stronger Minds program and the Text4Hope program in partnership with the Mental Health Foundation, which sends daily text messages to Albertans in need of tips to cope with the mental stress of COVID-19.

About Alberta Blue Cross

As an Alberta-based, not-for-profit organization, Alberta Blue Cross covers more than 1.8 million Albertans and has a unique focus on supporting the health and wellness of Albertans. Alberta Blue Cross is ranked as one of Alberta’s Top 10 Most Loved Brands, as well as one of Alberta's Top 25 Most Respected Organizations.

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For more information, please contact Sharmin Hislop, director of Corporate Communications at Alberta Blue Cross, at 780-498-8283 or shislop@ab.bluecross.ca.

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