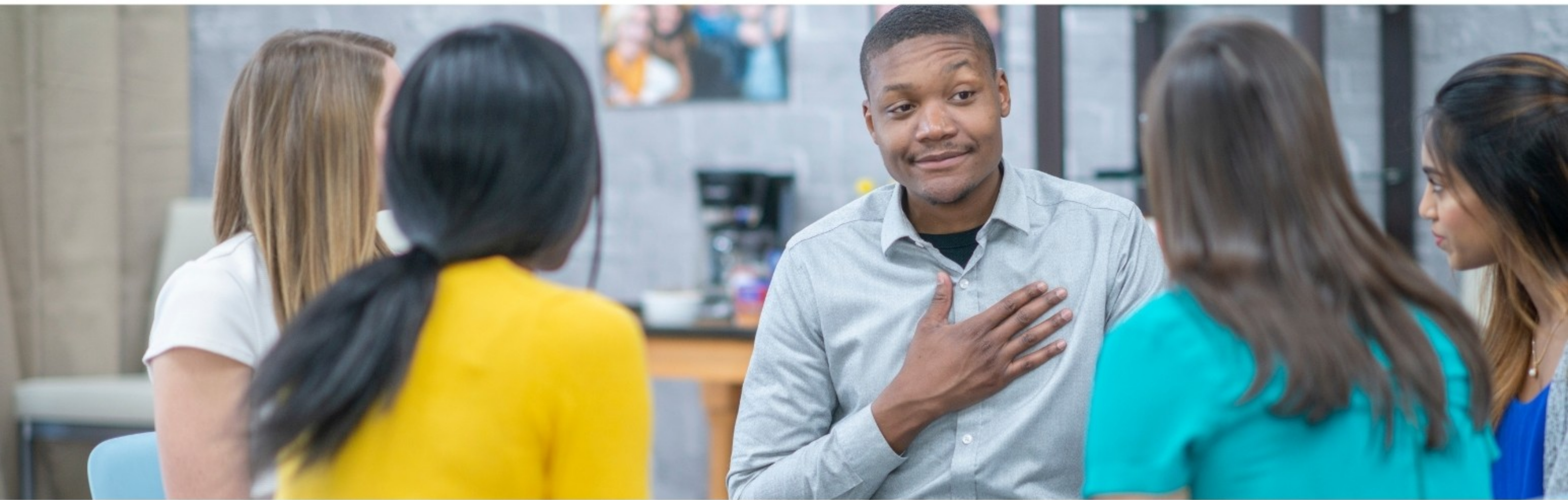


October is both National Depression Education & Mental Health Screening Month and Emotional Wellness Month—a perfect reminder to pause and check in with yourself and those around you.



Why it Matters

- Nearly 1 in 5 experience feelings of depression at some point, yet many go untreated.
- Early screening can make a big difference in recovery and quality of life.
- Emotional wellness means noticing how you feel, building coping skills, and making space for rest, joy, and connection.

Wellness Tip for October

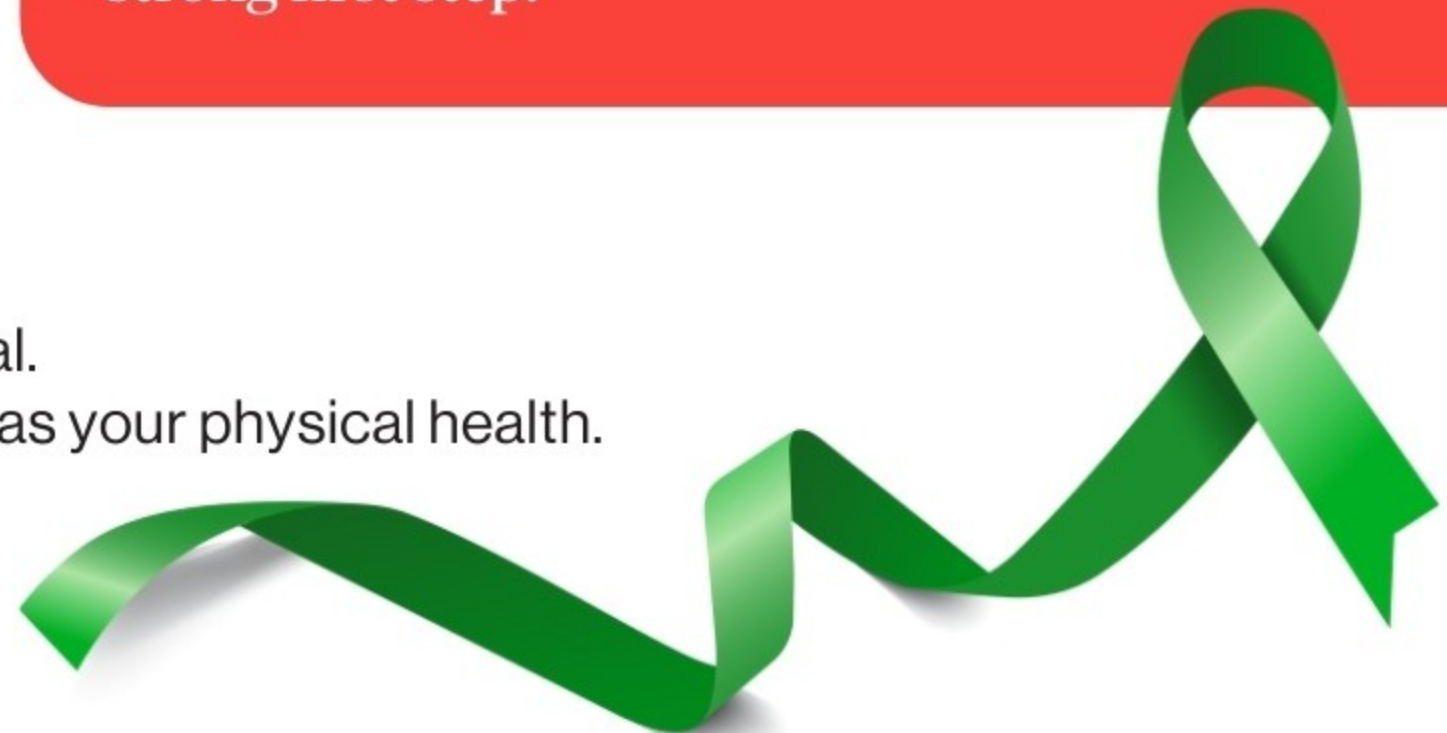
Try a 5-minute daily reset—step away from screens, take deep breaths, stretch, or journal a gratitude note. Small moments of care add up.

Remember: Screening is simple, free, and confidential. Taking care of your mental health is just as important as your physical health.

Quick Check-In:

- Have you noticed a change in your sleeping habits?
- Are you enjoying things you usually like?
- Do you feel more tired, irritable, or withdrawn than usual?

If you answered “yes” to several of these, it may be a sign to reach out. Talking to a friend, family member, or a mental health professional is a strong first step.



Necco community behavioral health providers can come to your child's school or home to provide discreet counseling in a familiar environment. Contact [Necco.org](https://necco.org) to schedule a consultation today.