



FOR IMMEDIATE RELEASE

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KRP Communications

National Depression Screening Day is Today

Breaking Taboo wants everyone who just can't shake their sadness to reach out for help on Thursday and take that first step for your mental health wellbeing.

National Depression Screening Day is today, Thursday, Oct. 7. Breaking Taboo is urging people to take the opportunity to think about their mental health and use free online tools to take the first step in getting help.

“Despite suicide numbers being on the decline during the pandemic, many still suffer from depression. Social distancing and remote work and schooling can cause a feeling of isolation and grief to some, and many people have not been able to do the things that bring them joy,” said Serena Hope Sun, Breaking’s founder and director. “National Depression Screening Day is a way for someone to take that first step and seek out information and help.”

Breaking Taboo provides information nationwide through social media, on-line resources and virtual events. Breaking Taboo works to end the stigma frequently associated with mental health which, if gone untreated, can lead to suicide. The social media aspect of Breaking Taboo can resonate with generations that have grown up on social media – Millennial Generation and Generation Z.

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More than 40 million people in the United States struggle with depression or anxiety. Depression can also impact the family and friends of someone who is suffering. National Depression Screening Day helps eliminate the taboo of talking about depression.

“Make today the day you talk with someone about depression. One conversation can help save a life,” Ms. Sun said.

Learn more about National Depression Screening Day [here](#). Free online depression screenings are available at helpyourselfhelpothers.org. Learn more about Breaking Taboo and our online mental health tools at breaking-taboo.org.

If you are contemplating suicide, immediately contact 9-1-1 for emergency services or call the [National Suicide Prevention Hotline](#) at 800-273-8255 to speaking with trained counselors. [Online chat](#) is also available 24/7.

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About Breaking Taboo:

Breaking Taboo, a 501(c)(3) non-profit organization, was started in 2015 after Serena Hope Sun lost yet another close friend to suicide. Deciding that she was sick of losing people, she started creating a documentary film in order to educate people, and a movement soon evolved. To educate and save as many lives as possible by providing them with accessible and useful information, Breaking Taboo evolved into a nonprofit. Mental health and suicide cross all boundaries, and the all-inclusive Breaking Taboo aims to reflect that. Breaking Taboo is a modern solution on an age-old problem that appeals to the Millennial Generation and Generation Z just as much as retired veterans. Learn more at [Breaking Taboo](#). We are also available on social media platforms: [Twitter](#), [Facebook](#) and [Instagram](#).