

For immediate release

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## **NDSM MENTAL HEALTH SCREENING™ ADDRESSES SLEEP DISTURBANCE**

*National Association of County Behavioral Health Directors serves as a sponsor;  
Register now to conduct an NDSM in-person event or to offer online programs*

We all know the old saying, “Early to bed and early to rise, makes a man healthy, wealthy, and wise.” But for the nearly 57 million affected by a mental health disorder, getting a good night’s rest is no easy task. According to the American Academy of Sleep Medicine, sleep disturbances figure prominently in many psychiatric disorders. In fact, of the estimated 30 million Americans who have chronic insomnia, 40 percent also have a psychiatric disorder, most often depression or anxiety.

NDSM Mental Health Screening™ (also known as National Depression Screening Day) provides organizations with resources to reach out to community members with undiagnosed mental disorders and help them take the first step towards treatment and better mental health. By including new educational materials about the link between sleep and mental health issues into this year’s program kits, we hope to help even more individuals who may be suffering in silence.

“Sleep problems are a common symptom of depression, bipolar disorder and anxiety disorders. However, there is also evidence that sleep disorders can be a contributing cause of mood and anxiety disorders. For those who are experiencing issues with sleep, it is important to talk to a health care provider about the possible causes,” says Douglas G. Jacobs, MD, President and CEO of Screening for Mental Health, the organization that sponsors NDSM.

NDSM, now in its sixteenth year, is co-sponsored by the NACBHD and members are encouraged to register for this year’s event held nationwide on October 5. Members can register for a variety of program options including the in-person screening event as well as online screening. The online program is an affordable, flexible, year-round tool that allows County Behavioral Health Directors to screen patients and community members 24/7 through a convenient password-protected screening module on their own website. The online screening includes a customizable welcome message and referral information. Members can also register for a completely downloadable kit for a reduced fee.

Also new this year are additional suicide prevention materials, a new educational video and updated clinician education resources. Other kit materials include a clinician’s guide; a range of educational materials; posters; and an event planning guide with tips on planning and promoting an NDSM event. The program offers materials designed for diverse audiences, including Spanish speakers and older adults.

To register for the NDSM in-person or online programs, visit [www.MentalHealthScreening.org](http://www.MentalHealthScreening.org) or call (781) 239-0071.

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