Central Florida Behavioral Health Network, Inc.
Your Managing Entity

Central Florida Behavioral Health Network is a Managing Entity contracted with the Department of Children and Families

NATIONAL DEPRESSION SCREENING DAY

From CFBHN CEO

Greetings!

a personal note from
Alan Davidson
President & CEO

October 6–12 marks **National Depression Screening Days**, a week dedicated to raising awareness about one of the most common—yet often misunderstood—mental health conditions.

Depression can affect anyone, regardless of age, background, or circumstances. Recognizing it early and seeking help can make a significant difference in recovery and quality of life.

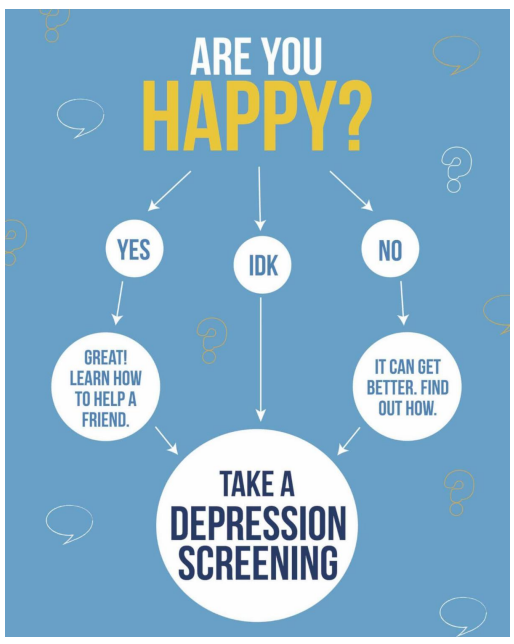
One of the biggest challenges in addressing depression is fear—fear of being judged, misunderstood, or labeled. But asking for help is not a sign of weakness; it's a courageous step toward healing.

This week is a reminder that it's okay to speak up, to share how you're feeling, and to reach out for support.

Being honest with yourself is an important first step. Acknowledging feelings of sadness, hopelessness, or loss of interest in things you once enjoyed is not easy, but it opens the door to getting the help you need.

Being honest with others—whether a trusted friend, family member, or professional—creates connection and ensures you don't have to walk this path alone.

Healthy habits play a powerful role in mental well-being. Regular exercise, good nutrition, quality sleep, and mindfulness practices can help improve mood and energy levels. At the same time, creating new habits—such as journaling, joining a support group, or setting aside daily time for relaxation—can strengthen resilience and provide



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CFBHN is proud of its service provider network which includes ***Peace River Center for***

tools to navigate difficult days.

At Central Florida Behavioral Health Network, we encourage everyone to use this week as an opportunity to check in with yourself and those you care about.

Screenings are simple, confidential, and can be the first step toward feeling better.

Let's continue to build a community where it's safe to ask for help, where honesty is valued, and where mental health is treated with the same importance as physical health.

***Personal Development**, **Gulf Coast Jewish and Family and Community Services** and **Lightshare** to name a few. Explore our network and find a provider near you.*

Our highly trained and certified providers of behavioral health can meet your needs. No one should have to face challenges alone, and there is always help available.

*To find the right CFBHN provider for you, please use this link for our **Service Locator.***

*If you need further assistance, please phone **813-740-4811.** After business hours, on weekends and holidays, you may select the option to speak to someone immediately and you will be transferred to the **2-1-1** line of the Crisis Center of Tampa Bay.*

*If you are experiencing a medical emergency, please hang up and dial **911**.*

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