



# EQUITY

## FOUNDATION

503.231.5759 info@equityfoundation.org  
www.equityfoundation.org



dedicated to dignity

## Are You Depressed?

Answer the following questions based on the last 2 weeks or more.

- | YES                      | NO                       |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. I feel sad, unhappy, self critical                                   |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. I feel tired and have little energy                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. I have trouble sleeping or eating (either too much or too little)    |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. I don't enjoy activities that I used to                              |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. I feel uneasy, restless, irritable or guilty                         |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. I have trouble concentrating, remembering things or making decisions |

If you answered "yes" to 3 or more statements, you may be suffering from depression, a serious condition affecting millions of Americans. Summit Research Network is currently looking for individuals experiencing the above symptoms to participate in a research study of investigational medication for depression. If you are selected, all research related care and study medication are provided at no cost. Get answers and information about depression.



**(503) 228-CARE (2273)**

www.summitnetwork.com



Help **END HOMELESSNESS**  
in Portland,...

### Keep the Cornbread Coming at Sisters of The Road!

In the summer months giving is down, but our community needs nutritious low-cost meals just as much! Keep the cornbread on the table by supporting Sisters in May, June and July.

Sisters is a non profit Café serving low cost (\$1.25), hot, nutritious meals, job training and community to people who are experiencing homelessness in Portland, Oregon

#### SISTERS WAS FOUNDED IN 1979



Please join us for Operation Cornbread this summer.

Call Catharine Hunter at 503-222-5694 x 12 or e-mail Catharine@sistersoftheroad.org

For more information go to [www.sistersoftheroad.org](http://www.sistersoftheroad.org) or visit us at 133 NW Sixth Avenue, Portland, Oregon 97209



# justout

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