

Depression Screening

Over the last two weeks, how often have you been bothered by any of the following problems? Circle the number in the chart to the right and then add the columns for a total score.

1. Little interest or pleasure in doing things
2. Feeling down, depressed or hopeless
3. Trouble falling or staying asleep, or sleeping too much
4. Feeling tired or having little energy
5. Poor appetite or overeating
6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down
7. Trouble concentrating on things, such as reading or watching television
8. Moving or speaking so slowly that other people could have noticed. Or the opposite - being so figety or restless that you have been moving around a lot more than usual
9. Thought that you would be better off dead, or of hurting yourself

	Not at all	Several Days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite - being so figety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thought that you would be better off dead, or of hurting yourself	0	1	2	3

add columns + +

TOTAL:

Total Score	Depression Severity
1-4	Minimal depression
5-9	Mild depression
10-14	Moderate depression
15-19	Moderately severe depression
20-27	Severe depression

If you, or someone you know is in need of emergency help, please contact the 24 Hour Emergency Crisis Line at **1-866-567-2400**. Someone is always available to answer the phone and help immediately.

Sarah Bush Lincoln Psychiatry and Counseling offers a continuum of behavioral health programs for adults and adolescents. Referrals are accepted from physicians, psychologists, mental health professionals, community agencies, employers, clergy, family or friends, or persons in need may refer themselves. Help is available 24 hours a day.

Counseling Associates offers convenient and confidential outpatient counseling for various issues including anxiety, depression management, chemical dependency, eating disorders and family and marital relationships.

The offices of Psychiatry & Counseling are located in SBL Prairie Pavilion 1, Suite 102. To make an appointment, call **(217) 258-4042**.

Other Resources:

The Regional Behavioral Health Network is a partnership between Sarah Bush Lincoln, LifeLinks and the Human Resources Center of Edgar and Clark Counties.

The Network opens doors to create greater access to mental health services in a three-county area and to simplify the process so those in need state their problem once and get the help they need more quickly.

For more information, contact the Regional Behavioral Health Network at:

750 Broadway Ave. East, Mattoon, IL 61938

(217) 238-5700 (main office)

(217) 238-5767 (fax)

1-866-567-2400 (24 Hour Emergency Crisis Line) or visit them online at **www.lifelinksinc.org**