

Depression Survey

Patient Health Questionnaire (PHQ-9) Depression Scale

Over the last 2 weeks, how often have you been bothered by the following problems?	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 failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

Scoring: Sum the numerical answers to questions number 1 through 9.

<u>Score</u>	<u>Severity</u>
0-4	None-Minimal
5-9	Mild
10-14	Moderate
15-19	Moderately Severe
20-27	Severe

If you are feeling overwhelmed, depressed or unable to do the things you once enjoyed, it may be time to pause and assess your emotional health.

Please note that suicidality is not assessed in this survey.

If you feel you may be at risk or have thoughts about harming yourself or others, please seek immediate help from a medical professional.

Call 911 or the 24/7 Crisis Hotline at 1-844-4CRISIS (1-844-427-4747).



Butler County Mental Health & Addiction Recovery Services Board

Depression affects 1 in 10 (nearly 15 million) adults in the United States. If you think you might be depressed, don't try to tough it out. Make an appointment with a doctor or a therapist.

If you feel you may be at risk or have thoughts about harming yourself or others, please seek immediate help from a medical professional. There are many certified mental health providers in Butler County that can see clients with or without insurance. You may be eligible to receive help covering the cost of your care.

Depression is treatable. Call any of these resources today.

Call the FREE Crisis & Information and Referral Hotline

Available 24/7, 365 days a year. You are not alone.

**1-844-4 CRISIS
(1-844-427-4747)**

Operated by Beckett Springs Hospital



Butler County Mental Health & Addiction Recovery Services Board (513) 860-9240 www.bcmhars.org

Available Monday - Friday, 8:30 AM - 4:30 PM

The Butler County Mental Health & Addiction Recovery Services Board is a government agency that oversees the public mental health and recovery system in Butler County, Ohio. Call for referrals to local certified mental health and substance abuse treatment providers. The Board website features a waiting list forum so you can know when to expect a mental health or substance abuse assessment appointment.