

Depression: What your score may mean

YOUR SCORE



0-4

None or minimal
depression



5-9

Mild
depression



10-14

Moderate
depression



15-19

Moderately
severe depression



20+

Severe
depression

Based on your answers to the mental health questionnaire, you might be experiencing depression. Depression is a lot more than feeling sad—it's a health disorder that can also be a risk factor for other medical conditions. **Depression is treatable.** Use this card to track your score and monitor your response to the treatment plan your provider has developed with you. **Many mental health disorders improve within just six months of treatment.**

Please schedule a follow-up visit after: __ / __ / __

Recommendations: _____

Suicide hotline: 800-273-8255

