

IT'S

OK...



TO BE
SAD

TO BE
SCARED



TO BE
WORRIED

IT'S OK **NOT** TO BE OK

AND
IT'S

OK TO

TALK

ABOUT IT



ARE YOU EXPERIENCING THESE
FEELINGS MORE OFTEN THAN USUAL?

FEEL FREE TO TAKE THE SIMPLE SELF
ASSESSMENT ON THE NEXT PAGE
AND TALK TO SOMEONE YOU TRUST.

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PHQ-4

SCREENING SCALE FOR ANXIETY AND DEPRESSION

Over the last 2 weeks, how often have you been bothered by the following problems?

(Circle the appropriate number to indicate your answer)

	None	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Little interest or pleasure in doing things	0	1	2	3
4. Feeling down, depressed, or hopeless	0	1	2	3

SCORING

PHQ-4 total score ranges from 0 to 12, with categories of psychological distress being:

- None 0-2
- Mild 3-5
- Moderate 6-8
- Severe 9-12

- Anxiety subscale = sum of items 1 and 2 (score range, 0 to 6)
- Depression subscale = sum of items 3 and 4 (score range, 0 to 6)
- ***On each subscale, a score of 3 or greater is considered positive for screening purposes***
- ***We encourage you to seek support from a trusted professional. Talk to the person who gave you this card.***

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CARELINE:
1-800-720-9616
SUPPORT 24/7



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