

DEPRESSION MEASURES/SCREENING TOOLS

2-item: two hallmark symptoms of depression: depressed mood and anhedonia. Typically used as screen in clinical settings. (Yes/no version)

9-item: severity of depressive symptoms over the previous 2 weeks. Arguably the most popular assessment tool available; adopted by many clinical trials, large federally funded surveys, federal departments (e.g., VA), and large private groups (e.g., American Heart Association, and American Psychiatric Association). Free to use.



Negative mood (sadness), views of self (worthlessness), and social cognition (loneliness), as well as decreased positive affect and engagement (loss of interest, purpose). Free to use.

<https://www.healthmeasures.net/>



Popular 20-item assessment tool that has wide applicability in the general population. Based on depressive symptoms used for clinical diagnosis of depression. Free to use.

<https://www.apa.org/depression-guideline/epidemiologic-studies-scale.pdf>



21-item clinician-rated scale that includes subtyping (severity). Free to use.

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TREATMENT

What is the name of the treatment?	Who benefits from the treatment?	What would the treatment look like ?
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Self-Care

Exercise	People with all mental health conditions	Exercise promotes good mental health. You would engage in a range of physical activities
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Resource	Description	Contact
National Suicide Prevention Hotline	Persons who feel like hurting themselves can reach out to the National Suicide Prevention Hotline at any time of day or night.	1-800-273-TALK (8255) https://suicidepreventionlifeline.org/
Stroke Family Warmline	Persons with questions about stroke or who just want to talk to another stroke survivor or family member, can contact the Stroke Family Warmline.	1-888-4-STROKE(7653)
National Stroke Association	People with mild stroke, care givers, family members can speak with call center volunteers.	1-800-STROKES (786-537), menu option 3 http://www.stroke.org/stroke-resources/stroke-help-line

Mental Health
America

Take a screening test for mental health conditions and use the database to find local mental health resources.

[http://www.mentalhealthamm2.4 tpindmm6 \(\)TJ E1](http://www.mentalhealthamm2.4 tpindmm6 ()TJ E1)