



My Mental Wellness Score

Name:

Date:

My GAD-7 Anxiety Score

0 - 4

5 - 9

10 - 14

15 - 21

My PHQ-9 Depression Score

0 - 4

5 - 9

10 - 14

15 - 19

20 - 27

None

Mild

Moderate

Moderately
Severe

Severe

For clinical research basis see:  <http://www.phqscreeners.com/>

GAD-7

Your Anxiety risk score is calculated using the GAD-7 tool for assessment of the four most common anxiety disorders (Generalized Anxiety Disorder, Panic Disorder, Social Phobia and Post Traumatic Stress Disorder)

PHQ-9

Your Depression risk score is calculated using the PHQ-9 tool for assessment of depressive symptoms not explained by substance use or another medical or psychiatric condition





GAD-7 and PHQ-9 are endorsed by NICE for measuring the presence and severity of Anxiety and Depression and for monitoring changes and the effects of treatment over time.

Note: They cannot replace a clinical assessment and diagnosis.



How to interpret my Mental Wellness Score

Impact on my daily life

			
Minimal	Mild	Moderate	Moderately Severe
No Symptoms	Some symptoms	Several symptoms	Many symptoms
No impact on daily life	Limited impact on daily life.	Daily life difficult	Almost impossible to get through daily life

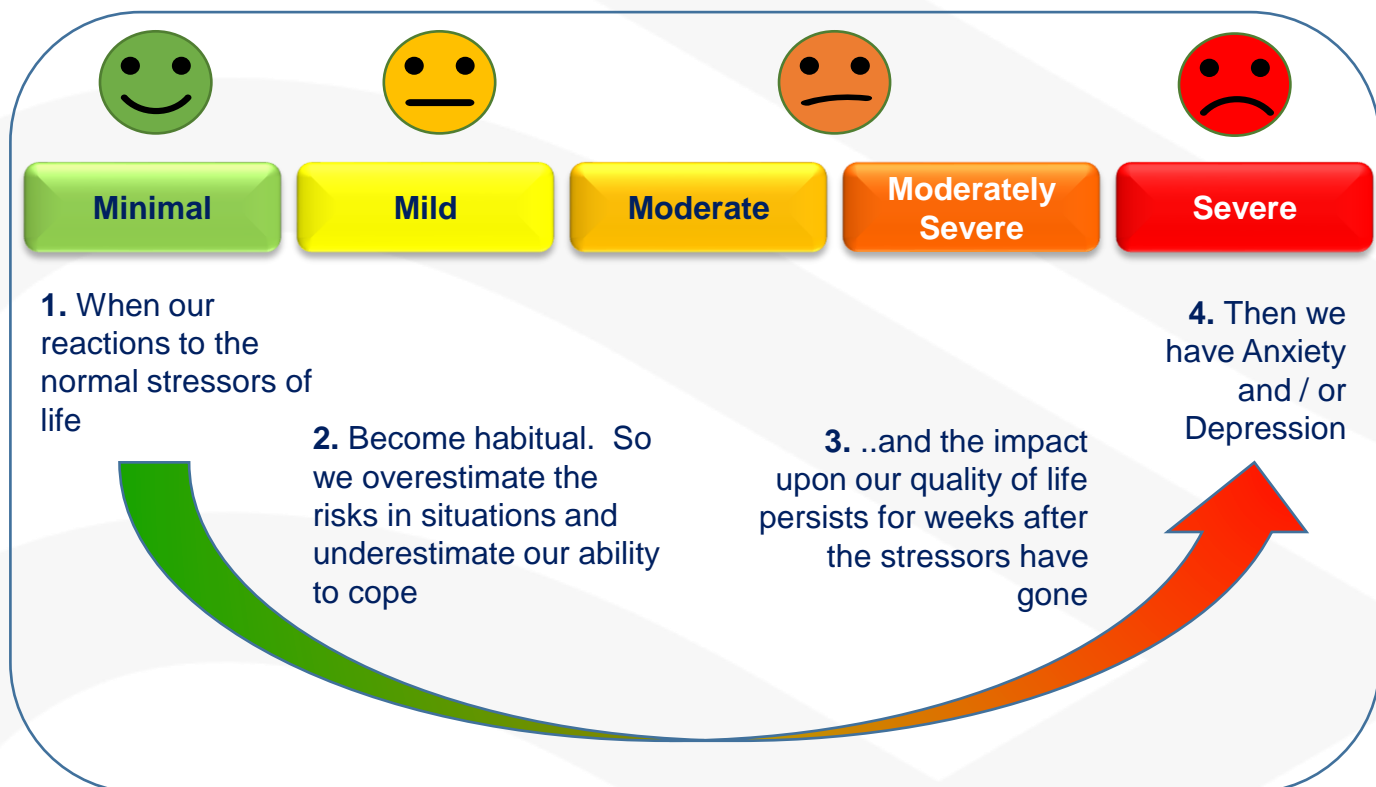
Everyday ups and downs
Worrying about making ends meet or the worst that could happen
Embarrassed or self-conscious in an uncomfortable or awkward social situation
Nerves before the big event
Realistic fear of a risky situation

Anxiety
Caring too much. Worried that something bad might happen
Constant and unsubstantiated worry
Avoiding social situations for fear of being judged, embarrassed or humiliated
Un-prompted panic attacks and pre-occupied by fear of the next one
Irrational fear of a low / no risk situation

Everyday ups and downs
Tired after a bad night's sleep
Temporarily distracted from life's pleasures
Bad news or a setback but you know you'll get back up, brush yourself down and get on with life

Depression
Not caring enough. Expect something bad will happen
Constant fatigue, aches and pains for no obvious reason
Can't remember when you last really enjoyed something, can't concentrate, forgetfulness
Helpless, worthless, feel like giving up, even thoughts of suicide

What are Anxiety and Depression?



Why are Anxiety and Depression so often talked about together?

- Both are negative emotional states.
- Their causes are similar. Whether we develop anxiety and / or depression is influenced by factors such as; genetics, childhood experiences, social skills and physical health.
- They are both amenable to similar treatments.
- 50% of us with Anxiety also have Depression and 70% of us with Depression also have Anxiety. Untreated Anxiety can progress to Depression.

Helping myself or getting help

Minimal

Mild

Moderate

Moderately
Severe

Severe

Work Wellness Lifestyle Fact Sheets (sleep, activity, alcohol, diet, etc.)

Personal coping strategies.

- Links to self help resources:
www.headspace.com
- Signposting to support organisations:
www.mind.org.uk (the best in our opinion)
www.anxietyuk.org.uk
www.cruse.org.uk (local bereavement support)
www.stepchange.org
www.drinkaware.co.uk

Primary care.

- Continued Mind Matters conversation.

Primary care.

- GP for medication / referral to NHS psychological therapies.

Job adjustments.

- Management Referral to Occupational Health (OH).

Increase urgency.

- EAP referral to employer / employee funded psychological therapies.

Safeguarding.

- Signpost to support organisations:
www.samaritans.org. Any time from any phone for free: 116 123 or email:
jo@samaritans.org.
- Emergency services.

