

Community Mental/Behavioral Health Resources

Please check your insurance to determine preferred providers

Behavioral Health Services - Washington Co. Health Dept.

925 N. Burhans Blvd, Hagerstown, MD 21740
240-313-3310

Brook Lane Health Services

13121 Brook Lane, Hagerstown, MD 21742
301-733-0330

Catoctin Counseling

228 E. Washington St., Hagerstown, MD 21740
301-745-6887

Change Health Systems

44 N. Potomac St. Ste. 101, Hagerstown, MD 21740
240-420-1850

Community Free Clinic

249 Mill St, Hagerstown, MD 21740
301-733-9234

Family Healthcare of Hagerstown

201 S. Cleveland Ave., Hagerstown, MD 21740
301-745-3777

Innovative Therapeutic Services

44 N. Potomac St., Ste. 103, Hagerstown, MD 21740
301-393-3949

The Mental Health Center

1180 Professional Court, Hagerstown, MD 21740
301-791-3045

Meritus Behavioral Health Services

11116 Medical Campus Rd, Suite 2987
Hagerstown, MD 21742 301-766-7600

Potomac Case Management

324 E. Antietam St., Ste. 301, Hagerstown, MD 21740
301-791-3087

QCI Behavioral Health

201 N. Burhans Blvd., Hagerstown, MD 21740
301-791-5032

Serenity Within Health & Wellness Associates, LLC

226 N Potomac St Hagerstown, MD 21740
240-366-1663

Villa Maria of Washington County

229 N. Potomac St., Hagerstown, MD 21740
301-733-5858

Wellspring Counseling Service

201 Prospect Ave Hagerstown, MD 21742
240-203-8784

National Suicide Prevention Lifeline 1-800-273-8255

For additional assistance call Maryland 211, Dial 2-1-1

Brief Health Questionnaire

Being healthy and staying healthy are important for everyone. Part of our overall health is mental health. Our emotions, thoughts and attitudes affect our energy, productivity and health in general. Good mental health strengthens our ability to cope with everyday hassles and more serious crises and challenges.

It is helpful to identify mental health conditions early. One way to see if you may be experiencing signs of a mental health condition is to take a confidential depression screening questionnaire like this one. You can use your screening results to start a conversation with primary care provider and plan a course of action if needed.

Remember, mental health conditions are not only common, they are treatable. There is a wide variety of treatment options for mental illnesses ranging from talk therapy to medication to peer support.

Be in touch with your health!

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PATIENT HEALTH QUESTIONNAIRE – 9 (PHQ-9)

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

(Please use "X" to indicate your answer)

	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 asleep 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 a 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 people could have noticed? Or being 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

COLUMN TOTALS




___ + ___ + ___ + ___
= Total Score: _____

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not at all difficult Somewhat difficult
Very difficult Extremely difficult

SCORING YOUR QUESTIONNAIRE

- ▶ Tally your responses to questions, each column is assigned a value
- ▶ Total each column at the bottom
- ▶ Then add the numbers together for your total score
- ▶ See the guide below to interpret your score

SCORE	ACTION
≤ 4 (4 or less) 	No further action is suggested
> 5 -14 (5 thru 14) 	Have a conversation with your physician about your score
≥ 15 (15 or more) 	Contact a behavioral health provider to review your screening result

Please see the listing of behavioral/mental health providers and resources on the back panel. Thank you for participating with the questionnaire and for looking out for your health and well-being!