



BLOG

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# Your Mood Check at a Checkup: 3 Things to Know

## Signs Worth Mentioning

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- Little interest or pleasure in things
- Feeling down or hopeless
- Poor sleep, low energy or aches

## What a Score Means

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- Scores run from 0 to 27
- 10 or higher means a closer look
- A score alone is not a diagnosis

## What You Can Do

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- Answer the questions honestly
- Bring up your mood at your next visit
- In crisis? Call or text 988



Read the full article

# **Depression Screening at Your Checkup: What the Questions Mean and What Happens Next**

[hopeintegrativemed.com](https://hopeintegrativemed.com)

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General information, not medical advice. Your provider can tell you what is right for you. If you are in crisis, call or text 988.