



Health Care that Matters

Your Behavioral Health Screening Tools
Pocket Reference

The role of health care professionals has evolved to include discussing and addressing mental health and substance use disorders with patients. In fact, the relationships that patients have with their doctors and other health care professionals have proven to be one of the most important factors in ensuring individuals receive appropriate behavioral health care.

Recognizing the signs of a behavioral health condition is not always easy. We are providing you with the following behavioral health screening tools to help you diagnose and refer individuals for further care. We hope you find this reference guide useful in determining the best treatment options.



DEPRESSION

PHQ-2: QUESTIONS

Patient Health Questionnaire-2 (PHQ-2)				
Over the <u>past 2 weeks</u>, how often have you been bothered by any of the following problems?				
	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

DEPRESSION

PHQ-2: SCORING AND ACTION STEPS

Patient Health Questionnaire-2 (PHQ-2)	
Scoring	Action Steps
Score of 0-2 = Negative Screen	Action: None
Score of 3+ = Positive Screen	Action: Administer the PHQ-9.

Please consult with the following resources for help in making referrals or determining treatment options for your EmblemHealth patients:

EmblemHealth Behavioral Health Services Program:
888-447-2526

Beacon Health Options PCP Consult Line/Psychiatric Hotline:
877-241-5575 (Routine Consultations)

Beacon Health Options Referral/Scheduling:
877-695-9449 (Routine/Urgent Consultations)

University Behavioral Associates Referral Line
800-401-4822 (Montefiore only)

Beacon Health Options PCP Toolkit:
providertoolkit.beaconhealthoptions.com

Community Resources

NYC Well-Hotline:
888-NYC-WELL (888-692-9355)

National Suicide Prevention Hotline:
800-273-8255

References

PHQ-2, PHQ-9, GAD-2, GAD-7: Spitzer, R.; Williams, J. B.W.; Kroenke, K. and colleagues, with an educational grant from Pfizer. No permission required to reproduce, translate, display, or distribute.



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