Depression Self-Screener

Please note that this form is not a formal diagnostic tool or substitute for medical advice. Only a healthcare professional can diagnose and treat depression.

Sharing the results of this screener with your healthcare professional can help him or her to further evaluate your symptoms to determine if you have depression and to develop a treatment plan for you.

*If you or someone you know is having suicidal thoughts, talk to someone who can help. Call your doctor or 1-800-273-TALK (8255).