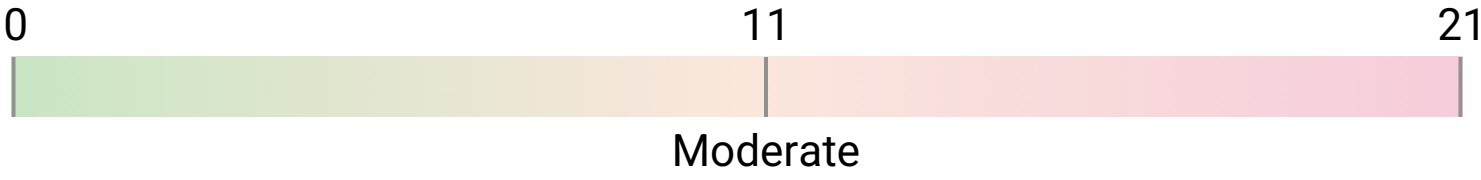
GAD-7 Score:

In the last 2 weeks, how often have you been bothered by the following problems?	
Feeling nervous, anxious or on edge	• Nearly every day
Not being able to stop or control worrying	• Nearly every day
Worrying too much about different things	• More than half the days
Trouble relaxing	• Nearly every day
Being so restless that it is hard to sit still	• No response
Becoming easily annoyed or irritable	• No response
Feeling afraid as if something awful might happen	• No response
If you checked any problems, how difficult have they made it for you to do your work, take care of things at home, or get along with other people	• No response



What do my results mean?

	EPDS Score	GAD-7 Score	Depression or Anxiety Symptom Level
	0-8	0-4	Depression or Anxiety Unlikely
	9-12	5-9	Mild
	13-18	10-14	Moderate
	19+	15+	Severe
	Score of 1, 2, or 3 on Question 10	--	Thoughts of Self-harm or Suicide

DEPRESSION AND ANXIETY UNLIKELY

Although it is unlikely that you would be diagnosed with depression or anxiety, you may still benefit from resources, which includes self-help options. Please feel free to complete the Symptom Checklists at any time if you do not start feeling better. Remember: the tools are not diagnostic tests. Please visit your health care provider if you think that you need help.

MILD RANGE

Your score indicates that you have some symptoms of depression and anxiety. You may benefit from learning more about your symptoms and from having additional support. Your healthcare provider, with support from Ask Masi if needed, can suggest resources on coping with depression, managing your anxiety, and sleep concerns. We suggest that you re-take the Symptom Checklists in two weeks to monitor your symptoms and your progress. Remember: the checklists are not diagnostic tests. Please visit your health care provider if you think that you need help.

MODERATE RANGE

Your score indicates that you have several symptoms of depression and anxiety. Your healthcare provider, with support from Ask Masi if needed, can suggest resources on coping with depression, managing your anxiety, and sleep concerns that may help you now. You may also benefit from other offerings, such self-help modules, support groups, or online therapy.
If your healthcare provider is unsure about the available resources and offerings, they can contact Ask Masi to learn more about which resources might be most helpful for you, and which treatments may help you right now.

SEVERE RANGE

Your score indicates that you have a significant number of symptoms of depression or anxiety. Your healthcare provider, with support from Ask Masi if needed, should be able to suggest resources on coping with depression, managing your anxiety, and sleep concerns that may help you now. You may also benefit from other offerings, such self-help modules, support groups, or

online therapy.

If your healthcare provider is unsure about the available resources and offerings, they can contact Ask Masi to learn more about which resources might be most helpful for you, and which treatments may help you right now.

In addition, it will be helpful to see a doctor or nurse practitioner about your symptoms and possibly receive specialized advice from a psychiatrist. You can do this on your own, or if you live in Eastern Ontario, you can self-refer toAccessMHA.

THOUGHTS OF SELF-HARM OR SUICIDE

No matter what your score is on the Symptom Checklists, if you are having thoughts about harming yourself or your child, you need help right away. Our utmost priority is to keep you safe. Ask Masi is NOT available for crisis support and cannot be used to provide urgent health care. Information that you submit to this website is not monitored.

If you require urgent care please contact your health care provider directly, go to your nearest emergency department, or call 911. You can also call the Canadian Suicide Hotline: 988.