

## WHO

IS ASKED TO FILL OUT A MENTAL HEALTH  
SCREENING QUESTIONNAIRE?

**Everyone** your age is asked to fill out standard screening questions about how they have been feeling lately

Before well visits or when your pediatric provider thinks the information could be helpful to care for you

## WHEN

WILL I BE SCREENED?

Before your visit, you will be asked to fill out screening questions focused on feelings and behaviors related to mental health

We ask that **you** (the patient) fill this out yourself. If you have any questions, feel free to ask us!

## WHERE

WILL I BE SCREENED?

Lots of teens experience feelings of sadness, anger and worry, and this number has been growing over the last few years

Sometimes these feelings can even be called anxiety and depression

We care about all of you and want to make sure we take time to hear about your feelings and provide resources if needed

**Remember: however you feel, you are not alone in feeling that**

## WHY

DOES EVERYONE GET SCREENED?

Some people have no or very few symptoms of depression or anxiety

- These people may be given resources which can be good for all of us (like calming breathing techniques or things we can do when we are feeling sad)

## WHAT

HAPPENS BASED ON HOW I  
ANSWER?

Some people have more symptoms of depression or anxiety

- These people will be asked to talk to their pediatric provider about how they are feeling and whether treatments like therapy or medication would be helpful to consider

Some people report feelings such as thinking about killing themselves in the near future or seriously hurting someone else

- These people will be asked to talk with their pediatric provider so as to understand more clearly what's going on
- Then, when needed, a parent or caregiver will be involved to talk over emergency care or assessments to keep you safe