

Emotional Health Questionnaires

Your mental health and physical health are closely connected.

We know it's important for our patients to have good emotional and mental health.

The purpose of this questionnaire is to 'check in' on your emotional health over the past two weeks. Please answer as best you can.

Personal Health Questionnaire 2 (PHQ2)

Please check a response.

Over the past 2 weeks, how often have you been bothered by any of the following problems:

Little interest or pleasure in doing things

- 0 = Not at all
- 1 = Several days
- 2 = More than half the days
- 3 = Nearly every day

Feeling down, depressed, or hopeless

- 0 = Not at all
- 1 = Several days
- 2 = More than half the days
- 3 = Nearly every day

Total _____

Generalized Anxiety Disorder 2 (GAD2)

Please check a response.

Over the past 2 weeks, how often have you been bothered by any of the following problems:

Feeling nervous, anxious, or on edge

- 0 = Not at all
- 1 = Several days
- 2 = More than half the days
- 3 = Nearly every day

Not being able to stop or control worrying

- 0 = Not at all
- 1 = Several days
- 2 = More than half the days
- 3 = Nearly every day

Total _____

How do I take care of my emotional and mental health?

(write this information down or take a picture of the resources with your phone)

Here are **four basic strategies** to help you. The scientific evidence on their ability to lower risk for many physical and mental health problems is encouraging.

1. Get enough sleep every night
2. Eat a well-balanced diet and avoid processed foods
3. Exercise for a minimum of 30 minutes at least 3 times per week
4. Spend time with good, supportive friends

Free PCN resources such as the Happiness Basics class are available – you can register for a workshop online at www.cfpcn.ca under the 'Register for a Workshop' page.

Make a free appointment with a professional:

- **Community Social Work (CSW)** – they can connect you with resources in the community to assist with finances, housing and community support. Ask to see the CSW at Riley Park Maternity Clinic. To book an appointment call 1-855-79-CFPCN (23726).
- **Mental Health Consultant** through the One-Step-at-a-Time Counselling Service – Additional support for emotional and mental well-being, adjusting to changes, coping with stress, anxiety or depression. To book an appointment call 1-855-79-CFPCN (23726).

Online resources for cognitive behaviour therapy:

You may want to try an online version of cognitive behaviour therapy (CBT) such as:

- Virtual therapy and mindfulness apps
 - www.moodgym.anu.edu.au or www.ecouch.anu.edu.au
 - www.headspace.com/headspace-meditation-app
 - www.smilingmind.com.au
 - www.anxietybc.com/parents/moms-to-be
- Print out a workbook to do at home
 - www.cci.health.wa.gov.au

Or call Access Mental Health

- Calgary region: 403-943-1500
- Rural: 1-877-652-4700

Available in many languages – call and say your preferred language and you will be connected with an interpreter in live time.