

Your mood self-check

What your result means, and what to do next

If you're having thoughts of ending your life or hurting yourself, please don't wait. Call or text 9-8-8 now, any time, or call 911. Self-check results are not seen by a counsellor in real time.

Thank you for taking the mood self-check (PHQ-9). It looks at energy, sleep, interest and mood over the last two weeks. Scores run from 0 to 27.

What your result means

Score	Range	What it suggests
0–4	Minimal	Low mood isn't a major concern right now
5–9	Mild	Some low mood. Worth paying attention to
10–14	Moderate	Low mood may be affecting daily life
15–19	Moderately severe	Please speak with a counsellor or your doctor soon
20–27	Severe	Please speak with your doctor or a counsellor as soon as you can

Why this happens

Low mood often builds slowly: stress that never lets up, losses that weren't grieved, or old pain that hasn't been processed. It can make everything feel heavier, including reaching out.

Three things to try this week

- 1 Do one small thing before you feel like it.** Motivation often comes after action, not before. Pick a 10-minute task and do it.
- 2 Get daylight early.** A short walk outside in the morning helps reset sleep and mood.
- 3 Tell one person.** You don't need to explain everything. "I've been having a hard time" is enough.

When to reach out

- ◆ Your score was 10 or higher.
- ◆ You've felt this way for more than two weeks.
- ◆ Daily tasks, work or relationships are slipping.
- ◆ You've had any thoughts that you'd be better off dead. Please contact 9-8-8, your doctor or a counsellor right away.

Talk to your family doctor too, since some physical health issues can affect mood.

Book your free 30-minute consultation

A relaxed call by phone or video to see if we're a good fit. No pressure to book anything after.

praxiswellness.ca

This self-check is a screening tool, not a diagnosis. Only a qualified health professional can assess you properly.

In crisis? Call or text 9-8-8 any time, or call 911 in an emergency.

Sartaj Sandhu, Registered Clinical Counsellor (RCC #24906) · Praxis Wellness · Surrey, BC and online across BC · hello@praxiswellness.ca