

Depression



During the past 12 months, did your worksite:	Yes	No	Score
1. Provide free or subsidized clinical assessment for depression by a provider followed by directed feedback and clinical referral when appropriate? Answer “yes” if these services are provided directly through your organization or indirectly through a health insurance plan.	<input type="checkbox"/> (3 pts.)	<input type="checkbox"/> (0 pts.)	_____
2. Provide access to a self-administered depression screening tool that provides a feedback report with recommendations for clinical action as needed? Answer “yes” if, for example, these services are provided through a health risk assessment (HRA), health insurance plan, or employee assistance program (EAP).	<input type="checkbox"/> (2 pts.)	<input type="checkbox"/> (0 pts.)	_____
3. Provide educational materials on preventing, detecting, and treating depression? Answer “yes” if, for example, your worksite offers brochures, videos, posters, or newsletters that address depression or depressive symptoms, either as a single health topic or along with other health topics.	<input type="checkbox"/> (1 pt.)	<input type="checkbox"/> (0 pts.)	_____
4. Provide and promote <u>interactive educational programming</u> on preventing, detecting, and treating depression? Answer “yes” if, for example, your worksite offers “lunch and learns,” seminars, workshops, or classes focused on reducing the risk factors for depression and reducing the stigma surrounding depression. These programs may be provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on site staff, health insurance plans/programs, community groups, or other practitioners.	<input type="checkbox"/> (2 pts.)	<input type="checkbox"/> (0 pts.)	_____
5. Provide and promote free or subsidized <u>lifestyle coaching/counseling or self-management programs</u> that equip employees with skills and motivation to set and meet their personal goals for managing depression? Answer “yes” if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on site staff, health insurance plans/programs, community groups, or other practitioners.	<input type="checkbox"/> (3 pts.)	<input type="checkbox"/> (0 pts.)	_____
6. Provide training for managers that improves their ability to recognize depression and refer employees to company/community resources for managing depression? Note: Managers are not in a position to diagnose depression, only to recognize depressive symptoms and encourage employee to seek professional assistance.	<input type="checkbox"/> (2 pts.)	<input type="checkbox"/> (0 pts.)	_____
7. Provide health insurance coverage with free or subsidized out-of-pocket costs for depression medications?	<input type="checkbox"/> (3 pts.)	<input type="checkbox"/> (0 pts.)	_____

Your Worksite’s Depression Score _____

Maximum Depression Score **16**