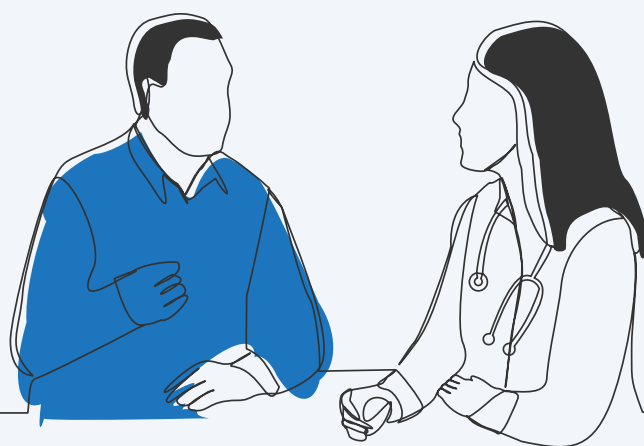




Talking about mental health is important.

Depression has a negative effect on emotions, thoughts and well-being.

Depression is a medical illness. There is help.



Talk to a health care provider if you

- Feel sad
- No longer enjoy things
- Feel worthless
- Have trouble sleeping or lack energy
- Think about harming yourself

It can help to talk with a health care provider about:



- Your mood, mental health and well-being



Screening for depression in adults



What is screening?

- It uses a medical test or tool (like a questionnaire) to find people at risk of a disease or health problem
- Is for all people without symptoms



The Canadian Task Force on Preventive Health Care recommends patients aged 18+ talk to their health care providers about depression rather than undergo routine screening with standard tools, like questionnaires.



Why?

- Studies show that a blanket approach to screening for depression in every adult has little or no benefit
- Individual conversations with your health care provider are better

This guideline is for adults at normal and higher risk of depression (e.g. childhood trauma, family history)



This guideline is not for adults with:

- A history of depression
- Current depression
- Symptoms of depression or other mental health disorder



Takeaway:

- Talk about your feelings or ask for help
- If you have symptoms or have been diagnosed with depression, a healthcare provider can talk with you about help and treatment

Find help

- [988 Suicide Crisis Helpline](#)
- Canada.ca Mental health support: [Get help](#)
- [Quebec mental health](#) ([Santé mentale](#))

