

### Patient Health Questionnaire-4 (PHQ-4) WIC Referral Protocol

Add up columns for the response for the 4 questions on the PHQ-4. Find the number that corresponds to the PHQ-4 score. Follow the instructions in the chart below.

0-2	Normal	<ul style="list-style-type: none"><li>• Document in Journey</li></ul>
3-5	Mild Depression/Anxiety	<ul style="list-style-type: none"><li>• Asks if participant would like a brochure on maternal mental health and a list of behavioral health referrals</li><li>• Document Score in Journey</li><li>• Document any referrals provided in the “referrals” tab in Journey</li></ul>
6-8	Moderate Depression/Anxiety	<ul style="list-style-type: none"><li>• Asks if participant would like a brochure on maternal mental health and a list of behavioral health referrals</li><li>• Document Score in Journey</li><li>• Document any referrals provided in the “referrals” tab in Journey</li></ul>
9-12	Severe Depression/Anxiety	<ul style="list-style-type: none"><li>• Asks if participant would like a brochure on maternal mental health and a list of behavioral health referrals</li><li>• Offer to call the crisis line and/or mental health access line for participant</li><li>• If a clinic that offers behavioral health services, offer to connect them with a provider</li><li>• Document Score in Journey</li><li>• Document any referrals provided in the “referrals” tab in Journey</li></ul>