Screening is an anonymous, free and private way to learn about your mental health and if you are showing warning signs of a mental illness. You will be given information about the next steps you should take based on the results. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental health.

Screening can help catch mental health problems early—B4Stage4.

Screening is an anonymous, free and private way to learn about your mental health and if you are showing warning signs of a mental illness.

A screening only takes a few minutes, and after you are finished you will be given information about the next steps you should take based on the results. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental health.

MHAScreening.org uses proven tools to check for symptoms of depression, anxiety, mood disorders and Post-Traumatic Stress Disorder.
Getting screened increases the chances of getting treatment.

When positive screening results were given during a primary care visit, doctors were over 3 times more likely to recognize the symptoms of mental illness and to plan to follow up with the patient.

Treatment following screening has been shown to reduce symptoms of mental illness and the positive effects of treatment are still seen a year later.5-7

The earlier that mental health problems are caught and treated, the less it costs and the better the results.

Early

- Good Behavior Game Prevention Program
  - $81.04 per student per year6

- Cognitive Behavioral Therapy for Anxiety
  - $1,239.62 per year or course of 12 sessions9

- Intensive Home-Based Family Therapy for Youth
  - $7,680.85 per year10

Late

- Hospitalization
  - $15,317.57 per stay (average length of stay 7-2 days)11,12

- Incarceration
  - $31,846.46 per year13

Sources

8 http://www.wsipp.wa.gov/Program/71
9 http://www.wsipp.wa.gov/Program/71
10 http://www.wsipp.wa.gov/Program/71
11 http://www.cdc.gov/nchs/fastats/mental-health.htm
12 http://www.clinicalguidelines.org
13 http://www.clinicalguidelines.org