

## Check-In Questionnaire DEPRESSION



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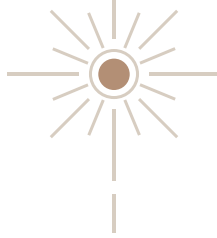
Ask yourself the following 12 questions about the person you're concerned for. Use your best observations or things they've shared. Be honest, not harsh.

Please rate your experience on a scale of 1 to 5, with 5 being the highest score.

	NEVER / RARELY 1	SOMETIMES 2	OFTEN 3	MOST DAYS 4	ALMOST ALWAYS 5
1. Do they seem unusually tired or drained of energy, even after resting?					
2. Have they lost interest or joy in things they once enjoyed?					
3. Do they avoid social interactions, even with close friends or family?					
4. Have you noticed changes in their sleep patterns (insomnia or oversleeping)?					
5. Are they eating significantly more or less than usual?					
6. Do they speak or move with noticeably slower or restless behavior?					
7. Do they often express negative thoughts about themselves or their future?					
8. Do they struggle to concentrate, remember things, or make decisions?					
9. Have they become more irritable or withdrawn than usual?					
10. Do they seem hopeless, numb, or emotionally flat most of the time?					
11. Have they made remarks about not wanting to be here, even casually?					
12. Are they resisting help, self-care, or suggestions that might help them feel better?					

Once all 12 questions are answered, add up the total score. Then, refer to the Results Interpretation Table to better understand the likelihood and severity of depression based on your observations. This tool is meant to offer insight—not a diagnosis—and should be used with compassion and discretion.





## Scoring and Interpretation

# DEPRESSION

This tool is a compassionate guide, not a clinical label. Depression is complex, deeply personal, and never a one-size-fits-all experience. Your care, presence, and listening ear might already be making a difference.



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Total Score Range: 12 – 60

Score Range	LIKELIHOOD OF DEPRESSION	SUGGESTED ACTION
12 - 20	NOT DEPRESSED	They may be experiencing a tough time, but there's no strong pattern suggesting depression. Still, maintain support, encourage healthy routines.
21 - 30	MILD SIGNS	Signs suggest they're struggling more than usual. Watch closely, offer check-ins and emotional presence.
31 - 40	MODERATELY DEPRESSED	Their behavior suggests they might be facing some emotional challenges. Encourage self-help strategies and gentle intervention.
41 - 50	SIGNIFICANT SIGNS OF DEPRESSION	This person may be in deep emotional pain. Kindly and firmly recommend they seek help from a professional or helpline.
51 - 60	SEVERELY DEPRESSED / CRISIS RISK	Immediate professional or crisis intervention needed. Stay close, if safe to do so.

### How to Help Someone with Depression (Without Overstepping)

#### Step 1: Show Up, Don't Fix

- DO: Be present. A simple "I'm here if you need to talk or not talk" is powerful.
- DON'T: Offer quick fixes like "just go for a run" or "think positive." Depression isn't a mood; it's a condition.

#### Step 2: Listen Like You Mean It

- DO: Let them vent without interruption or judgement. Silence is golden, nodding is platinum.
- DON'T: Jump in with "At least..." or compare their struggles to someone else's. That often makes people shut down.

#### Step 3: Offer Small, Specific Help

- DO: Suggest doable things, like "Want me to bring over dinner?" or "Can I help you walk the dog today?"
- DON'T: Say "Let me know if you need anything" unless you truly mean it and follow up. Depression makes it hard to ask.

#### Step 4: Respect Their Energy Levels

- DO: Be okay with cancelled plans, changed moods, or long silences. Your consistency builds trust.
- DON'T: Take their withdrawal personally. Depression drains even the desire to connect.

#### Step 5: Encourage (But Don't Push) Professional Help

- DO: Gently suggest seeing a therapist or doctor—especially if you hear signs of hopelessness or suicidal thoughts.
- DON'T: Frame it as something "broken" that needs "fixing." Instead, say things like, "You deserve support that helps you feel better."

### Things to Note When Approaching Someone with Depression

- Be gentle, not invasive. Don't demand answers. Offer space.
- Watch your tone. Kindness over cheerleading. Compassion over pep talks.
- Don't expect instant change. Healing is a marathon—not a group project with a deadline.
- Take care of yourself too. Supporting someone with depression can be heavy. Boundaries are healthy, not selfish.

