

Suggested interventions:

PHQ-9 Score	Depression Severity	Suggested Interventions
0 – 4	None-minimal	None
5 – 9	Mild	Repeat PHQ-9 within 2 weeks.
10 – 14	Moderate	Referral for counseling, follow-up and/or pharmacotherapy
15 – 19	Moderately Severe	Refer for treatment with pharmacotherapy and/or psychotherapy
20 – 27	Severe	Referral for Immediate initiation of pharmacotherapy and, if severe impairment or poor response to therapy, expedited referral to a mental health

TO FIND LOCAL RESOURCES:

- 211 San Bernardino –
<http://www.211sb.org/> or call 211.
- San Bernardino – DBH/Maternal Mental Health
<http://www.sbcounty.gov/dbh/mmh/>
- Inland Empire Perinatal Mental Health Collaborative
<http://www.iepmhc.org/resources-local>
- San Bernardino County, CPSP staff:
 - Perinatal Services Coordinator: 909-383-3024
 - Health Education Specialist: 909-383