



<b>Screening for Depression and Anxiety – Canadian Recommendations</b>	
Age 8 years to 18 years	7 or younger
<i>Ask about mental health Be aware of signs, symptoms and behaviours which suggest a mental health issue Use a validated screening tool for patients at risk</i>	Insufficient evidence

<b>Modified Patient Health Questionnaire (PHQ-4)</b>				
Over the last <b>2 weeks</b> how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
<b>Anxiety</b>				
1. Feeling nervous, anxious or on edge	1	2	3	4
2. Not being able to stop or control worrying	1	2	3	4
<b>Depression</b>				
3. Little interest or pleasure in doing things	1	2	3	4
4. Feeling down, depressed or hopeless	1	2	3	4
Positive screen:				
Anxiety (Q1+Q2 ≥ 3) Next step: if <18 years, screen with SCARED If > 18 years, screen with GAD 7	Depression (Q3+Q4 ≥ 3) Next step: screen with PHQ9A			
See CEP resource <a href="https://cep.health/clinical-products/youth-mental-health/">https://cep.health/clinical-products/youth-mental-health/</a> and <a href="https://www.phqscreeners.com/">https://www.phqscreeners.com/</a> and <a href="https://www.pediatricbipolar.pitt.edu/clinical-services/clinical-tools">https://www.pediatricbipolar.pitt.edu/clinical-services/clinical-tools</a>				

<b>Risk Factors for youth suicide</b>
History of previous suicide attempts
Family history of suicide or violence
History of depression or other mental illness
Alcohol or drug abuse
Stressful life event or loss
Easy access to lethal methods
Exposure to the suicidal behaviour of others
Incarceration
<a href="https://www.cdc.gov/suicide/factors/index.html">https://www.cdc.gov/suicide/factors/index.html</a>

<b>Suicide Risk Screening Tools</b>
ASQ <a href="https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials">https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials</a>

<b>Screening for Depression and Suicide Risk -USPFTF</b>	
Age 12 years to 18 years	7 to 11 years
<i>Screen for Major depressive disorder</i>	Insufficient evidence
Screening for suicide risk – insufficient evidence	
When screening is done, there must be systems in place to assure accurate diagnosis and timely and appropriate follow up <a href="https://www.uspreventiveservicestaskforce.org/uspstf/">https://www.uspreventiveservicestaskforce.org/uspstf/</a>	

<b>Screening for Anxiety - USPFTF</b>	
Age 8 years to 18 years	7 or younger
<i>Screen for Anxiety</i>	Insufficient evidence
<a href="https://www.uspreventiveservicestaskforce.org/uspstf/">https://www.uspreventiveservicestaskforce.org/uspstf/</a>	

<b>Motivational Interviewing, 5As method</b>	
Ask -	about behaviour, beliefs, knowledge
Advise -	give specific information – health risks, benefits of change
Agree -	collaboratively set goals, base on patient interest and confidence inability to change behaviour
Assist -	identify barriers, strategies, problem solving techniques, supports
Arrange -	for follow up, specify plan Plan to include specific goals, strategies to address barriers

Adapted from [USPSTF](#)

<b>Counselling Tools for Substances and Addictions</b>	
Alcohol Consumption Infographic	<a href="https://www.ccsa.ca/sites/default/files/2023-05/CGAH-Drinking-Less-is-Better-en.pdf">https://www.ccsa.ca/sites/default/files/2023-05/CGAH-Drinking-Less-is-Better-en.pdf</a>
Smoking Cessation	<a href="https://www.canada.ca/content/dam/hc-sc/documents/services/healthy-living/road-quitting-young-adults-voie-reussite-jeunes-adultes/becoming-non-smoker-youth-guide-jeunes-devenir-non-fumeur-eng.pdf">https://www.canada.ca/content/dam/hc-sc/documents/services/healthy-living/road-quitting-young-adults-voie-reussite-jeunes-adultes/becoming-non-smoker-youth-guide-jeunes-devenir-non-fumeur-eng.pdf</a>
Vaping – Talking to Teens	<a href="https://www.canada.ca/content/dam/themes/health/publications/healthy-living/vaping-mechanics-infographic/talking-teen-vaping-tip-sheet-parents.pdf">https://www.canada.ca/content/dam/themes/health/publications/healthy-living/vaping-mechanics-infographic/talking-teen-vaping-tip-sheet-parents.pdf</a> <a href="https://caringforkids.cps.ca/handouts/preteens-and-teens/vaping">https://caringforkids.cps.ca/handouts/preteens-and-teens/vaping</a>
Opioids	<a href="https://www.canada.ca/content/dam/hc-sc/documents/services/publications/healthy-living/naloxone-sauver-une-vie.pdf">https://www.canada.ca/content/dam/hc-sc/documents/services/publications/healthy-living/naloxone-sauver-une-vie.pdf</a>
Opioids Naloxone – Save a Life	<a href="https://www.canada.ca/content/dam/hc-sc/documents/services/publications/healthy-living/naloxone-save-a-life.pdf">https://www.canada.ca/content/dam/hc-sc/documents/services/publications/healthy-living/naloxone-save-a-life.pdf</a>
Talking to teens about drugs and alcohol	<a href="https://www.canada.ca/en/health-canada/services/substance-use/talking-about-drugs/talking-with-teenagers-about-drugs.html">https://www.canada.ca/en/health-canada/services/substance-use/talking-about-drugs/talking-with-teenagers-about-drugs.html</a>
Cocaine	<a href="https://www.ccsa.ca/sites/default/files/2023-01/3-Facts-for-youth-about-cocaine-en.pdf">https://www.ccsa.ca/sites/default/files/2023-01/3-Facts-for-youth-about-cocaine-en.pdf</a>
Gambling guidelines	<a href="https://gamblingguidelines.ca/">https://gamblingguidelines.ca/</a>

<b>Cannabis risk reduction</b>
Avoid risks by choosing not to use
Delay starting using for as long as possible, more harms for teens, especially under 16 years
Choose products with lower THC content, or higher ratio of CBD to THC
Do not use synthetic cannabis products
Non-smoking options are less dangerous
If smoking, avoid inhaling deeply or holding your breath
Limit use, try for infrequent, occasional or at most once per week
Do not drive when using, avoid driving for at least 6 hours, avoid combining with alcohol
Avoid if you or your family have a history of psychosis or substance use issues
Do not use if pregnant
Avoid inadvertent ingestion of edibles. Label clearly and place in locked storage.

Adapted from [www.camh.ca/-/media/files/lrucg\\_professional-pdf](http://www.camh.ca/-/media/files/lrucg_professional-pdf) Health Canada

<b>Cannabis – Counselling guidelines</b>
Provide a safe and confidential environment to screen for cannabis use
Ask about use of cannabis.
Praise non-users for choosing abstinence.
Consider cannabis as a contributing factor when youth complain of fatigue, low mood and sleep issues.
Provide support to decrease or stop use in cases of problematic use
Counsel about the impact on the developing brain (up to age 25 years)
Counsel about cannabis effects on mood and the potential for causing resurgence of depression or anxiety in those who have already experienced mood issues

Adapted from CPS <https://cps.ca/en/documents/position/counselling-adolescents-parents-about-cannabis-primer-for-health-professionals>