



Mental Wellness Hub
Where Minds Matter

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Mood Screening

Assessment Overview

Mood Screening includes six standardized assessments plus a clinical interview, giving a well-rounded picture of mood, emotional functioning, and daily impact.

What's Included

- 6 standardized assessments
- 1 clinical interview
- A full written report of findings
- A 30-minute debriefing session to review results and answer questions

How Testing Is Completed

Completed Online — On Your Own Time 3 assessments	Completed In-Office or via Zoom 3 assessments + clinical interview
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Online Assessments (Self-Paced)

Three of the six assessments are completed independently, online, at a time that works best for the client — no appointment needed for this portion.

In-Office or Zoom Session

The remaining three assessments and the clinical interview are completed together, either in person at the office or remotely via Zoom, depending on client preference.

Results & Debriefing

Once testing is complete, a full report is prepared summarizing the findings. A 30-minute debriefing session is then scheduled to walk through the results together and address any questions.