

HOW ARE YOU FEELING?

Mental Health Checklist

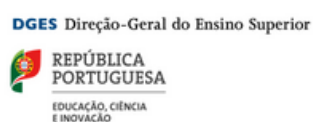
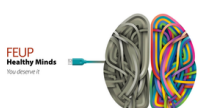
translated from OPP, 2020

Use this Checklist to recognize and reflect on your recent thoughts, feelings and behaviors and to help you think about how you've been feeling **over the last two weeks**.

There are no “right” or “wrong” answers. **The results of this Checklist in no way constitute a psychological assessment or diagnosis.**

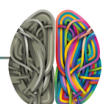
Please answer as honestly as possible and based on your experience, **ticking the box** whenever the answer to the statements is “**yes, most of the time**”.

Regardless of the results, **if you are concerned about your psychological health, seek help - a psychologist can help.**



For two weeks now, most of the time...

- I feel very tired, lack energy and/or feel that everything is an effort for me.
- I feel alone and/or have no one to turn to for help or support if I need it.
- I feel very nervous, anxious.
- I argue with my family or friends more often than usual.
- I'm constantly worried about something.
- It's hard to relax and unwind.
- I'm more irritable and get angry more easily.
- I feel I'm of no use to anyone.
- I feel sad, nothing cheers me up.
- I feel that I can't cope with this situation and/or that I'm not in control of my life (my behavior, thinking and emotions).
- I feel pessimistic, hopeless about the future.
- My usual pattern of sleep and/or appetite has changed (e.g. I can't sleep, I sleep more; I eat more, I eat less).
- I'm easily distracted, I find it difficult to concentrate on a task or activity.
- I consume more tobacco or alcohol than usual.
- I have no motivation or interest in doing activities that used to give me pleasure and/or I don't seem to be able to enjoy myself as much as I used to.



RESULTS

How many statements did you tick?

Look up what the total number of statements means:

0 - 3

You seem to have psychological health and well-being.

Remember that it's natural to feel anxious and worried in demanding, challenging and uncertain situations. Stay active and connected with family and friends, take care of your psychological health and well-being.

4 - 8

Some psychological health and well-being difficulties.

Remember that it's natural to feel anxious and worried in demanding, challenging and uncertain situations. Talk to people you trust about what's worrying you, set aside time to look after yourself and seek help - a psychologist can help.

9 - 15

Your psychological health and well-being may be at risk.

When you have to deal with difficult experiences and your feelings interfere with your life and well-being, you should seek help. A psychologist can work with you to help you think more clearly and find strategies to resolve your difficulties.

Seek psychological help. Talk to us!

