

# Mental Health Self Assessment

Fill out and take to your doctor.

## 1. Feeling Down

*Tick all that apply.*

- Feeling empty or nothing
- Feeling irritable, anxious
- Having difficulty with memory, slowed thinking
- Being unable to concentrate or make decisions
- Feeling tired, fatigue, exhaustion, lack of energy, lethargy
- Having a lack of motivation or interest
- Feeling restless or agitated
- Feeling tearful throughout the day
- Having significant changes in appetite
- Not being able to sleep, or sleeping too much
- Feeling worthless, inadequate, guilty or shameful
- Avoiding social contact, feeling misunderstood, betrayed or victimized
- Feeling sad, hopeless or helpless
- Using alcohol or other substances as a coping strategy
- Having thoughts of death or suicide

## 2. Feeling anxious and uneasy

*Tick all that apply.*

- Feeling rapid heartbeat
- Sweating
- Having racing thoughts
- Having difficulty with relationships, school or work performance, social activities and recreation
- Having excessive, uncontrollable worry about events or activities
- Feeling unusually irritable, angry or "jumpy"
- Having difficulty sleeping well
- Having flashbacks
- Avoiding people and places that remind you of events
- Having difficulty concentrating
- Feeling fear in social situations because you think you are going to be judged or that you will make a fool of yourself
- Having excessive, persistent fear of specific objects or situations
- Using alcohol or other substances as a coping strategy

## 3. Feeling hyper-energetic

*Tick all that apply.*

- Feeling intensely elated, overly energetic, "high," "better than good"
- Feeling unusually irritable
- Having unusually high self-esteem, feeling invincible
- Having a decreased need for sleep without feeling tired
- Talking more than usual, feeling pressure to keep talking
- Having racing thoughts, many ideas coming at once
- Being distracted easily, jumping from thought to thought
- Accomplishing or beginning more work than usual, feeling restless
- Working all the time without rest or balance
- Having heightened sense of sexuality
- Having excessive pursuit of pleasure (e.g, financial or sexual) without thoughts of consequences
- Having poor judgment, risky behavior, excessive spending, excessive gambling
- Seeing, hearing or thinking things that are unusual or bizarre
- Using alcohol or other substances or activities as a coping strategy

#### 4. Feeling unsafe or misunderstood

*Tick all that apply.*

- Feeling that everyone is against you
- Feeling that everything you say is misunderstood
- Feeling the need to always be on guard
- Feeling that you are always being monitored and watched
- Feeling constantly judged or criticized
- Feeling that you are in danger

#### 5. Feeling like you are "losing it"

*Tick all that apply.*

- Not feeling like yourself
- Being told you are acting differently
- Being extra sensitive to lights, sounds and smells
- Seeing, hearing or thinking things that are unusual or bizarre
- Having problems with memory and concentration
- Feeling on the edge all the time
- Feeling like you may snap
- Feeling overwhelmed most of the time
- Feeling ungrounded
- Not being able to let things go

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