

# Mental Health Quiz



	Yes	No	Sometimes
Do you feel like you are excessively worried?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel like you have too much tension?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel irritable or on the edge?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you restless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have difficulty concentrating?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have trouble falling or staying asleep?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have difficulty sleeping?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you sleep too much?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel rested after waking up?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you get sudden feelings of terror for no reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
At the same time, do you experience	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fast heartbeat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chest pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breathing difficulty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dizziness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you persistently feel sad or "empty" mood?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have feelings of hopelessness or pessimism?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have feelings of guilt?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel "worthless" or "helpless"?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you lost interest or pleasure in hobbies and activities that you once enjoyed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have thoughts of death or suicide?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you made suicide attempts?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Mania

Do you experience:	Yes	No	Sometimes
Abnormal or excessive elation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unusual irritability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decreased need for sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grandiose notions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increased talking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Racing thoughts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increased sexual desire	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Markedly increased energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Poor judgment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inappropriate social behavior	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Result

If you had combinations of "yes" or "sometimes" answers to the above symptoms list, let your doctor know about it. It is important to determine the cause or causes. There are many conditions that can cause symptoms listed above. Treatment to get rid of symptoms is available, but it requires working together with your doctor or other specialists.

## Recommendation

To prevent needless suffering and pain, we recommend telling your doctor about your personal feelings and experiences with these symptoms. Take the completed quiz with you, to begin your discussion. Early identification and treatment can dramatically improve the quality of life, health and safety.

# CRISIS

Sometimes depression can cause people to feel like putting themselves in harm's way, or killing themselves. Although the majority of people with depression do not die by suicide, having depression does increase suicide risk compared to people without depression.

If you are thinking about suicide, get help immediately:

- Call your doctor's office.
- Call 911 for emergency services.
- Go to the emergency room of the nearest hospital.

## Where to Get Help

Listed below are the types of people and places that will make a referral to, or provide, diagnostic and treatment services.

- Family doctors
- Mental health specialists, such as psychiatrists, psychologists, social workers, or mental health counselors
- Religious leaders/counselors
- Health maintenance organizations
- Community mental health centers
- Hospital psychiatry departments and outpatient clinics
- University or medical school affiliated programs
- State hospital outpatient clinics
- Social service agencies
- Private clinics and facilities
- Employee assistance programs
- Local medical and/or psychiatric societies

Within the Federal government, the Substance Abuse and Mental Health Services Administration (SAMHSA) offers a "Services Locator" for mental health and substance abuse treatment programs and resources nationwide. Visit their Web site at <http://www.mentalhealth.samhsa.gov/databases/> or call 1-800-789-2647 (toll free).

**For more information, refer to any of the Internet articles below.**

**Quiz Resources:**

- <http://www.nlm.nih.gov/medlineplus/panicdisorder.html#cat5>
- <http://www.nimh.nih.gov/>
- <http://www.nimh.nih.gov/publicat/depression.cfm#ptdep3>
- <http://www.nimh.nih.gov/publicat/depression.cfm>
- <http://www.nimh.nih.gov/HealthInformation/anxietymenu.cfm>
- <http://www.nimh.nih.gov/healthinformation/index.cfm>