

Wellness Screening Tool

Do You or a Loved One Need Help?

As we continue to practice physical distancing and self-isolation to protect ourselves and others from COVID-19, we become more susceptible to mental health issues. We need to stay connected and do our best to address those issues. If you or a loved one is struggling, Ashley can help. Below are some of the most prevalent mental health challenges we're facing and some questions you can ask to help identify what you or your loved one is facing.

When you reach out to our highly knowledgeable staff, they will make sure you or your loved one get the help you need.

SUBSTANCE USE DISORDER

- Are you having trouble controlling your drinking or substance use?
- Is drinking or drug use having a negative impact on your life?
- Have you tried unsuccessfully to stop drinking or using?
- If you try to stop, do you experience any of these withdrawal symptoms? (shaking, sweating, anxiety, heart palpitations, hallucinations/delusions)

POST-TRAUMATIC STRESS DISORDER

- Do you have flashbacks to the event that caused the trauma?
- Do you experience emotional distress after exposure to traumatic reminders?
- Do you avoid certain situations that you have not in the past?

ANXIETY (GENERALIZED ANXIETY DISORDER)

- Do you experience edginess or restlessness, tiring easily?
- Do you have trouble concentrating?
- Are you more irritable than normal?
- Are you having difficulty sleeping?

DEPRESSION (MAJOR DEPRESSIVE DISORDER)

- Do you have diminished interest or pleasure in all or almost all, activities most of the day?
- Do you have feeling of low self-worth?
- Do you feel fatigue or energy loss nearly every day?
- Are you experiencing significant weight loss or weight gain when not dieting?
- Have you noticed insomnia or hypersomnia?
- Do you feel fatigue or energy loss nearly every day?

TRAUMATIC GRIEF / BEREAVEMENT

- Are you experiencing overwhelming thoughts about the death or loss?
- Do you feel Incapacitated by the death of a loved one?
- Have you developed a flat and dull outlook on life?
- Does your life feel meaningless without the deceased?

If you answered yes to one or more of these questions for yourself or your loved one and it is affecting your ability to function normally, please email Alumni@ashleytreatment.org or visit www.ashleytreatment.org/clinicaloutreach to find a local Clinical Outreach Representative.