

Good mental health starts with you. How are you feeling?

# CHECK YOUR MOOD

## Self-Assessment



Everyone experiences stress, sadness and anxiety from time to time – it's a normal part of life. However, if you are feeling overwhelmed, depressed, or unable to do the things you once enjoyed, it may be time to speak with a professional and assess your emotional health. Answering the questions below is a quick and easy way to evaluate whether or not you are experiencing normal levels of stress.

**Over the last two weeks, how often have you been bothered by any of the following problems?**

*(For each line, use "✓" to indicate your answer)*

	<b>Not at all (0)</b>	<b>Several Days (1)</b>	<b>More than half the days (2)</b>	<b>Nearly every day (3)</b>
Little interest or pleasure in doing things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feeling down, depressed or hopeless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Add your totals from each column together to obtain your total score!

\_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_  
= **Total Score:** \_\_\_\_\_

### What Your Score Means

This self-assessment is **not** a diagnostic tool; however, it is a great way to help monitor your mood and overall emotional well-being. It is recommended that individuals over 18 years old with a total score of '4' or higher complete the full version of this screening tool to determine whether or not they are experiencing symptoms consistent with depression.

**To access the full version of this screening tool, visit: [www.LiveWellSD.org/CheckYourMood](http://www.LiveWellSD.org/CheckYourMood).**

# Recognize the Difference

Everyone experiences stress, sadness and anxiety from time to time – it's a normal part of life. However, if you are feeling overwhelmed, depressed, or unable to do the things you once enjoyed, it may be time to speak with a professional and assess your emotional health.

## What are the common signs of depression?

- Persistent sad, anxious, or "empty" mood
- Difficulty falling asleep or staying asleep, or sleeping more than usual
- Reduced or increased appetite
- Unintended weight gain or loss
- Loss of pleasure and interest in once-enjoyable activities
- Restlessness
- Irritability
- Difficulty concentrating at work or school, or difficulty remembering things or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of suicide or death

## Get Connected & Learn More

Numerous organizations and resources in San Diego County assist individuals who are experiencing mental health difficulties or searching for more information about mental health. Additionally, several educational opportunities are available countywide for those interested in learning more about mental health related issues. Visit [www.LiveWellSD.org/CheckYourMood](http://www.LiveWellSD.org/CheckYourMood) for more information!

### Access & Crisis Line – 1-888-724-7240

- Confidential hotline for behavioral health crisis intervention, information and services in San Diego County available 24 hours a day, 7 days a week. If you are not sure how to address a specific behavioral health situation, call and get connected toll-free to a trained professional who can help.

### It's Up to Us - [www.Up2SD.org](http://www.Up2SD.org)

- A variety of educational materials—including tip sheets, resource guides, and videos—are available online. Increase your mental health knowledge and learn how you can support others, recognize symptoms, and raise awareness for mental illness in your community.

### Mental Health America of San Diego County - [www.mhasd.org](http://www.mhasd.org)

- Access free resources to raise awareness for mental health and engage in programs and trainings so you have the tools to respond to a psychiatric emergency until professional help arrives.

### National Alliance on Mental Illness (NAMI) San Diego - [www.namisaniego.org](http://www.namisaniego.org)

- Since 1978, NAMI San Diego has provided opportunities, programs and services for families and individuals affected by serious mental illness. A Family & Peer Support Helpline, support groups, educational meetings, newsletters, and classes on mental illness are all available to the general public.

### San Diego Network of Care - [www.sandiego.networkofcare.org/mh/](http://www.sandiego.networkofcare.org/mh/)

- Comprehensive database of Behavioral Health Services in San Diego County maintained and provided by 2-1-1 San Diego. Find local services by topic or keyword, and access interactive tools, information, and resources to support your overall health.

