



Struggling?

Find out if you could do with some
extra support

If you are concerned that you may be struggling a bit more than usual, these questions can help you decide if it would be a good idea to speak to your GP or reach out to a mental health professional

Over the past few week, have you

	YES	NO	NOT SURE
been able to concentrate on whatever you have been doing?			
had trouble falling asleep or sleeping too much?			
had poor appetite or been overeating?			
been able to face up to your problems?			
been feeling energised and full of motivation?			
been feeling bad about yourself?			
been feeling 'stressed out'?			
been worrying about money?			
thinking that things won't get any better?			
been enjoying all your normal activities?			
had any thoughts about harming yourself or others?			

This questionnaire cannot replace speaking to a trained mental health professional.

It is designed to help you think about patterns in your behaviour and thinking that may indicate you are struggling.

Remember mood can fluctuate over time. It is important to take notice of any changes to your normal routines or feelings which continue **over 2-3 weeks** and that are **different** from how you normally think, feel and behave.



Scoring

Find out if you could do with some extra support

Over the past few week, have you

	YES	NO	NOT SURE
been able to concentrate on whatever you have been doing?	2	0	1
had trouble falling asleep or sleeping too much?	0	2	1
had poor appetite or been overeating?	0	2	1
been able to face up to your problems?	2	0	1
been feeling energised and full of motivation?	2	0	1
been feeling bad about yourself?	0	2	1
been feeling 'stressed out'?	0	2	1
been worrying about money?	0	2	1
thinking that things won't get any better?	0	2	1
been enjoying all your normal activities?	2	0	1
had any thoughts about harming yourself or others?	0	2	1

If you have **a score of less than 10**, you may benefit from speaking to a mental health professional or your GP about how are you feeling.

You can find a range of mental well-being organisations who can offer you support listed on our website.

Simply [click here](#)