

MIGHT I BENEFIT FROM PROFESSIONAL MENTAL HEALTH TREATMENT?



Check any statements that describe your mental health. This quiz is for self-reflection only and does not constitute a diagnosis or medical advice.

- Intense mood swings often disrupt my life.
- Life feels overwhelming, stressful, and/or unmanageable
- I've thought about self-harm or suicide.
- Daily functioning feels like an uphill climb.
- I use drugs or alcohol to self-medicate the pain.
- My mental health has led to financial or legal problems.
- I've survived a traumatic event or events.
- Outpatient treatment hasn't been effective or lasting in the past.
- I have recurrent, intrusive, or disturbing thoughts.
- My family and friends express great concern for my safety and well-being.

If you have checked any of these boxes, it is critical to receive a professional assessment regarding your mental health. Call Ingrained at (844) 450-1700 to learn more.