

# DO I NEED KRATOM REHAB/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 occur if I skip taking kratom.
- Life feels overwhelming without kratom.
- I've increased my kratom doses to achieve the same effects.
- Daily functioning is interrupted so I can use kratom.
- I use kratom to self-medicate my emotional pain.
- Kratom use has caused legal or financial issues.
- I need kratom to numb traumatic memories.
- Outpatient kratom treatment hasn't been effective or lasting.
- I have recurrent, intrusive thoughts about using kratom.
- My family and friends are worried about my kratom use.

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

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