

Do I Need More Help?

The purpose of this document is to find out if you need more help with your symptoms.

Instructions.

Check the answers that apply to you and add a brief description where needed. Once you've finished hand this document over to your doctor, health worker, support worker or other professional to help you access the right level of therapy.

Name:

How often do you drink alcohol to cope with stress?

Never

Rarely (1- 8 times a year)

Sometimes (once a month)

Often (1-5 times a week)

Has alcohol use caused you difficulty in keeping up with your work or school, or in your relationships?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)

Have friends or family expressed concerns about your alcohol use?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)

Have you had trouble with the law because of alcohol use?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)

How often do you use non prescribed drugs to cope with stress?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)



Has drug use caused you difficulty in keeping up with your work or school, or in your relationships?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)

Have friends or family expressed concerns about your drug use?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)

Have you had trouble with the law because of drug use?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)

Do you have trouble falling to sleep?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)

Do you have trouble staying asleep? (Waking mid-way through the night)

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)

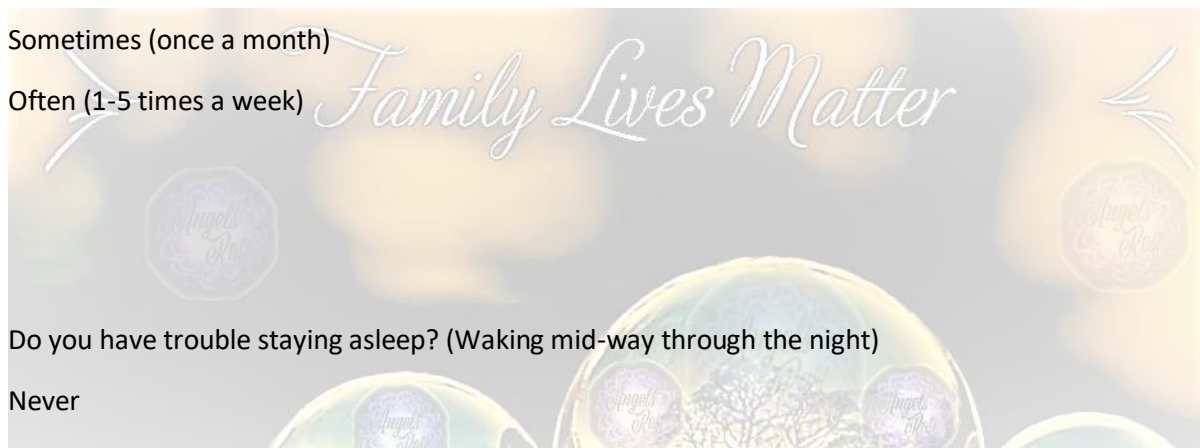
Do you have flash-backs to traumatic events?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)



Have you ever engaged in risky or unprotected sex?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)

Have you ever threatened someone with physical violence?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)

Have you ever hurt someone physically?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)

Have you had serious thoughts of hurting yourself or self-harmed?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)



Have you had serious thoughts of, made plans to or attempted suicide?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-2 times a week)

Do you find yourself comfort eating or over indulging with food?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)

Do you restrict your food intake, skip meals?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)

Do you eat more sugary, sweet foods than savoury?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)



How often do you exercise?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)

Do you avoid people or places that remind you of your trauma?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)

How often do you go out to socialise?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)

How often do you avoid friends or family?

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)



How often do you work out plans regarding what to do in imagined situations? (If your car breaks down, zombie apocalypse, being in a threatening situation, natural disaster.

Never

Rarely (1-8 times a year)

Sometimes (once a month)

Often (1-5 times a week)

It is important to take notice of the ways you are dealing with trauma. Trauma and stress can take a toll on the body and your physical health as well as your mental health.

It is important to record the ways you are dealing with your feelings of depression, anxiety, guilt, or self-blame. In the long term, using drugs and alcohol, smoking, overeating, or engaging in risky sex can harm your health in many ways. However, there is help available to aid your recovery so you can live a more fulfilling life.

