

# CHECKING IN WITH YOURSELF: MENTAL HEALTH SELF-ASSESSMENT

This screening is a tool to better understand your own wellness and be aware of supports through Goucher College.



HAVE YOU HAD TROUBLE SLEEPING?



HAVE YOU BEEN FEELING ISOLATED AND ALONE?



HAVE YOU FOUND IT DIFFICULT TO CONCENTRATE OR STAY MOTIVATED?



HAS IT BEEN DIFFICULT TO BE AROUND FAMILY?



HAVE YOU BEEN WORRYING MORE THAN USUAL?

QUESTIONS? FEEL FREE TO CONTACT THE GOUCHER COLLEGE STUDENT COUNSELING CENTER MONDAY THROUGH FRIDAY FROM 9 AM TO 5 PM AT 410-337-6481, OR TO SPEAK WITH A LICENSED MENTAL HEALTH COUNSELOR BY PHONE 24/7, CALL 855-236-4278

