

You're Not Alone

You're not alone in feeling stressed or overwhelmed. It's important to protect your mental health and know the resources available to you.

6.8%

of U.S. adults have experienced PTSD¹

vs

32%

of first responders have experienced PTSD²

13.5%

of U.S. adults have reported suicidal thoughts³

vs

25%

of first responders have reported suicidal thoughts³

6.8%

of U.S. adults have experienced depression⁴

vs

12%

of first responders have experienced depression⁴

8%

of U.S. adults sleep less than 6 hours⁴

vs

33%

of first responders sleep less than 6 hours⁴

Mental Health Assessment⁵

Use the assessment below to check your mental health pulse.

Step 1: Answer each question and make note of the points for each answer (1pt=low and 5pts=high).

Q1	I would rate my regular daily energy level as...	1	2	3	4	5
Q2	I feel that my overall sense of well-being is...	1	2	3	4	5
Q3	I feel that my resistance to illness and stress is...	1	2	3	4	5
Q4	I feel that my current physical condition/health is...	1	2	3	4	5
Q5	I feel that my level of self-motivation and follow-through is...	1	2	3	4	5
Q6	I would rate my self-esteem as...	1	2	3	4	5
Q7	I feel that my current social situation (friendships, relationships) overall is...	1	2	3	4	5
Q8	I feel that my ability to handle stressful situations, pressures, or deadlines is...	1	2	3	4	5
Q9	When things don't go my way, I would rate my current reactions and feelings as...	1	2	3	4	5
Q10	I feel the current level of peace and contentedness in my life is...	1	2	3	4	5

Step 2: Add up your score to assess your mental health.

10-19 pts

Possible Anxiety, Stress, & Depression

20-29 pts

Low to Mild Health Resistance to Life Events

30-39 pts

Moderate Ability to Manage Life & Stress

40-49 pts

Good Level of Resilience & Well-Being

50 pts

Healthy, Resilient, Positive Management of Life



Remember that HIPAA protects your health information privacy. This includes mental health services—like seeking support from a therapist—even if you use your employee assistance program or insurance.⁶

Chat online with a crisis counselor anytime: www.suicidepreventionlifeline.org

National Suicide Prevention Lifeline: **1-800-273-8255 (TALK)**

Find mental health training and 650+ other courses on www.firstforward.com

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