

# Rate Your Mental Health

Over the last 2 weeks, how often have you been bothered by any of the following problems?

Not at All

Several Days

More Than Half the Days

Nearly Every Day

Little interest or pleasure in doing things

0

1

2

3

Feeling down, depressed, or hopeless

0

1

2

3

Trouble falling or staying asleep, or sleeping too much

0

1

2

3

Feeling tired or having little energy

0

1

2

3

Poor appetite or overeating

0

1

2

3

Feeling bad about yourself - or that you are a failure or have let yourself or family down

0

1

2

3

Trouble concentrating on things, such as reading the newspaper or watching TV

0

1

2

3

Moving or speaking slowly so that other people could have noticed? Or the opposite - being fidgety or restless - moving around a lot more than usual

0

1

2

3

Thoughts that you would be better off dead or of hurting yourself in some way

0

1

2

3

**0** + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_  
= **Total Score:** \_\_\_\_\_

If you selected any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not Difficult At All

Somewhat Difficult

Very Difficult

Extremely Difficult



**Bakersfield Behavioral**  
HEALTHCARE HOSPITAL

5201 White Lane  
Bakersfield, CA 93309

P: 1-877-755-4907 F: 661-241-5587

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## **Help is Available:**

### ***Inpatient Hospitalization***

Acute crisis stabilization with 24-hour monitoring for children through seniors.

### ***Medical Detox***

Medically assisted detox from alcohol, opioids, and benzodiazepines for adults in a hospital setting.

### ***Partial Hospitalization***

20 hours per week group therapy with medication management.

### ***Intensive Outpatient***

9 hours per week group therapy available virtual or face-to-face.

### ***Assessments and Referrals***

Available 24 hours a day, 7 days a week by licensed clinicians. Virtual options also available.

## **MENTAL HEALTH SIGNS OF CONCERN:**

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs"
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger
- Difficulty perceiving reality (delusions or hallucinations)
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems

If you ever have a concern about someone who is experiencing a mental health or chemical dependency challenge, reach out for help. We have programs serving children, adolescents, adults, and seniors.

**NO-COST ASSESSMENTS AVAILABLE  
24 HOURS A DAY, 7 DAYS A WEEK.**

