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Mental Health Screening Tools

My healthevet
www.myhealth.va.gov
My Health, My Care: 24/7 Online Access to VA

HEALTHY LIVING ONLINE

My Health*e*Vet's Mental Health Screening Tools

My Health*e*Vet offers online screening tools about mental health conditions such as Depression, Alcohol Use, Substance Abuse, and Post Traumatic Stress Disorder (PTSD), to all My Health*e*Vet users. As a health care partner, taking online screenings is a good first step to recognize mental health symptoms. Best of all, with Internet access, this can be done at your convenience 24/7, by logging onto My Health*e*Vet at www.myhealth.va.gov.

Using the My Health*e*Vet online screening tools, you can take brief, confidential, and anonymous screenings at www.myhealth.va.gov. Only you see the results because they are not stored in any online account or sent anywhere. This empowers you to become an active participant in your treatment and allows you to print a copy of the results for your personal records. You can also choose to give copies to your health care provider or a mental health professional.

Free mental health screening tools include:

- Alcohol Use
- Depression
- Post Traumatic Stress Disorder (PTSD)
- Substance Abuse

My Health*e*Vet allows you to use one or more of the screening tools to see if you have symptoms commonly linked with a specific mental health condition or stress. The fact that a person has symptoms or is having problems at work or with a relationship, for example, does not always mean they have a mental health condition or that a mental health condition is causing major problems. These tools can be used by anyone to help improve their lifestyles.

How to find the My Health*e*Vet Mental Health Screening Tools

Log onto My Health*e*Vet at www.myhealth.va.gov

- ★ Click "Go to My Health*e*Vet, Enter Here" button
- ★ Click on the **Research Health** tab
- ★ Click **Mental Heath**

All online screening tools, links, and resources are free to anyone.

It is secure, safe and confidential.

www.myhealth.va.gov

Note: My Health*e*Vet online screening tools are not intended to provide a complete assessment or diagnosis for any condition. They can help identify symptoms and help to determine if one should seek evaluation by a health care provider or a mental health professional.

Veterans Health Administration
Office of Health Information

www.va.gov

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