**Formative Assessment: Seeking Professional Help: Your physical, mental and emotional health**

Answer yes or no to the following questions.

1. Have you seen a dentist in the last 6 months?
2. Have you had a physical exam within the last year?
3. Have you been to the emergency room or urgent care in the last year?
4. Do you have health insurance coverage?
5. Am I having difficulty carrying out or completing my normal activities and responsibilities?
6. Am I unable to do my class work, or has class work suffered, because of the way I have been feeling or acting?
7. Am I having difficulty interacting with friends, classmates or strangers?
8. Has my behavior damaged my relationships with friends or family members?
9. Have I been avoiding people or important situations frequently because I have been feeling anxious?
10. Has my drinking or drug use interfered with my relationships, my academic performance or my other responsibilities?
11. Has someone recently told me that I’ve been acting differently?
12. Has someone recently told me that I have been treating people differently?
13. Are other people worried about how I’ve been acting?
14. Are other people finding it difficult to interact with me?
15. Has someone expressed concern about my weight or my eating habits?
16. Has someone objected to or shown concern about how much I have been drinking or using drugs?

Some of these questions came from the University of Michigan.

http://www.campusmindworks.org/students/when\_to\_get\_help/Knowing%20When%20to%20Seek%20Professional%20Help.asp