

___ I started engaging in risky behaviors (substance use, unsafe sex, etc.).

___ I am no longer experiencing pleasure from activities that I always enjoyed.

___ I am considering suicide or seriously harming myself.

Note: If you are in immediate crisis and need help, call 9-1-1, your therapist, or the National Suicide Prevention Lifeline: 1-800-273-TALK (8255).

___ Other Symptom or Problem _____

___ Other Symptom or Problem _____

___ Other Symptom or Problem _____

___ Other Symptom or Problem _____

If you checked off *any* of these statements, your mental health might be impacted by fear and anxiety about the coronavirus. To seek help and support, contact your therapist or other health care professional. If you need to find a therapist, try a directory like [Psychology Today's 'Find a Therapist' search](#). If you are looking for an online therapist try [BetterHelp](#).

Additionally, mental health websites such as the [Anxiety and Depression Association of America](#) or the [American Psychiatric Association](#) can provide factual and accurate information and advice.

This free resource is provided by [Between Sessions Resources](#) – the nation's largest online library of psychotherapeutic and counseling tools.