## **Check Your Mood**

Have you experienced any of the following? Check the boxes that apply to you.

## Life Changes:



lost a loved one or friend

loss of interest in activities you previously enjoyed



recently moved to a new home

became the primary caregiver for a loved one or friend

## Health Concerns:

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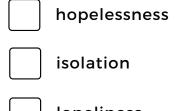
living with a chronic health condition

received a health diagnosis or noticed a decline in your health

experienced changes in sleeping or eating patterns (increase or decrease)

loss of energy or feeling tired all the time

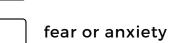
## Feelings of:



frustration

sadness

loneliness



If you checked any of the boxes you could benefit from our mental health program. We're available to answer questions and schedule a free, confidential assessment. Your happiness and health are important. Feeling depressed is not a normal part of aging. Call us today! We can help!



