



VA Mental Health Symptom Journal

A Structured Tracker to Support Your VA Claim

This journal is designed to help you document patterns in mood, sleep, stress triggers, and daily functioning.

Consistent symptom tracking can strengthen communication with providers and support documentation for VA disability claims.

This journal is for personal tracking and informational purposes only and does not replace professional medical or mental health care.

Next Steps & Support

You Don't Have to Navigate This Alone

Tracking your symptoms is a powerful first step. But documentation alone doesn't always translate into a strong VA claim. Understanding how your symptoms connect to service, diagnosis, and functional impairment is what makes the difference.

When to Consider Additional Support

You may benefit from professional guidance if:

- You're unsure how to describe your symptoms in VA language
- You've been denied or underrated
- You suspect secondary conditions connected to your mental health
- You're overwhelmed by the claims process

How Essential Veteran Services (EVS) Can Help

Essential Veteran Services supports veterans by:

- Reviewing your claim strategy
- Identifying potential primary and secondary conditions
- Providing guidance on documentation and next steps
- Helping you prepare for C&P exams
- Offering structured support throughout the process

Our goal is simple: To help you present your case clearly, confidently, and accurately.

