



## Is It Time to Start a Mental Health VA Claim?

Not sure if what you're feeling is connected to your service?

This self-assessment is designed to help you reflect on:

- Mood changes
- Sleep patterns
- Stress levels
- Daily functioning
- Emotional well-being

Awareness is the first step toward action.

This self-assessment is for personal informational purposes only and does not replace professional medical or mental health care.

# Emotional & Mood Reflection

**Instructions: Answer Yes or No to each question based on your experiences over the past 3–6 months.**

Have you noticed increased irritability, anger, or emotional numbness?

Do you experience frequent anxiety, panic, or hypervigilance?

Do you feel persistently low, unmotivated, or disconnected from things you once enjoyed?

Have others commented on changes in your mood or personality?

Do small stressors feel overwhelming or difficult to manage?

Additional Notes:

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# Sleep & Stress Patterns

**Instructions: Answer Yes or No to each question based on your experiences over the past 3–6 months.**

Do you struggle to fall asleep or stay asleep most nights?

Do you experience nightmares or sleep disturbances related to past events?

Do certain environments, sounds, or situations trigger strong physical or emotional reactions?

Do you feel constantly “on edge,” alert, or unable to relax?

Do you avoid places, conversations, or reminders connected to your service?

Additional Notes:

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# Daily Function & Impact

**Instructions: Answer Yes or No to each question based on your experiences over the past 3–6 months.**

Have your symptoms affected your work performance, reliability, or focus?

Have your relationships been strained due to mood changes, withdrawal, or irritability?

Do you isolate yourself more than you used to?

Do you struggle with concentration, memory, or decision-making?

Do you feel exhausted even when you haven't done much physically?

Additional Notes:

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# Results & Next Steps

Scoring: Count the number of “Yes” responses.

## **0–3 Yes Answers**

You may be experiencing occasional stress. Continue monitoring your symptoms and consider speaking with a provider if they worsen.

## **4–7 Yes Answers**

You may be experiencing consistent mental health symptoms that could warrant further evaluation. It may be beneficial to speak with a provider and explore whether your symptoms are service-connected.

## **8+ Yes Answers**

Your symptoms may be significantly impacting your daily functioning. It may be time to consider starting a mental health VA claim and seeking structured support.

Additional Notes:

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# Next Steps & Support

You Don't Have to Navigate This Alone

If this assessment raised questions for you, that's a sign worth paying attention to.

## **Essential Veteran Services helps veterans:**

- Clarify whether symptoms may be service-connected
- Identify potential primary and secondary conditions
- Strengthen documentation
- Prepare for C&P exams
- Navigate the claims process strategically



Created by Essential Veteran Services