

The 2-Minute Test

How is your Behavioral Health?

Read each question carefully. Circle "Yes" if you have any of the symptoms described. Circle "No" if you do not.

Yes or No

- | | |
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| Are you struggling to wake up, or sleep at night? | Y/N |
| Do you feel a lack of vitality and energy, or increase in sadness and melancholy for longer than 2 weeks? | Y/N |
| Are you suffering from a loss (i.e. death of a loved one, or job) and having trouble coping? | Y/N |
| Are you a victim of a traumatic event (i.e. assault, divorce, accident, natural disaster, disease diagnosis) and having trouble coping? | Y/N |
| Do you feel heightened anxiety? | Y/N |
| Do you feel apathy or general discontent towards normal activities? | Y/N |
| Do you feel excessive guilt, hopelessness, mood swings, or extremes of energy and sadness? | Y/N |
| Do you experience agitation? | Y/N |
| Do you experience excessive crying? | Y/N |
| Do you experience heightened irritability? | Y/N |
| Do you experience restlessness? | Y/N |
| Do you isolate yourself socially? | Y/N |
| Do you have a loss of appetite, or do you overeat/medicate with food to feel better? | Y/N |
| Do you have repetitive thoughts of running away, dying or suicide? | Y/N |

If you answered YES to more than 3-Let's Talk.

Let's Talk.

Yes, talk therapy can change the way you think, feel and behave.



3 OF COGNITIVE THERAPY

- C**atch
Identify the thought that came before the emotion
- C**heck
Reflect on how accurate and useful the thought is
- C**hange
Change the thought to a more accurate or helpful one as needed

Are you willing to take control of your Behavioral Health?

Call our doctor's office today to schedule an appointment to speak with our counselor, Palmer Holliday, LCSW at (772) 464-9746 or email us directly at letstalk@midwaycare.org



Palmer Holliday is a Licensed Clinical Social Worker (LCSW) with over 25 years of experience in the Human Services field.

Palmer's experience includes providing mental health counseling to individuals, families and groups, as well as case management services, in both inpatient and outpatient facilities, as well as in the hospital setting.

Palmer is available to see patients in our Stuart, Port St. Lucie and Fort Pierce offices for your convenience. Call (772) 464-9746 to schedule to speak with Palmer today.



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