

Check Your Mood

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

Life Changes:

<input type="checkbox"/> lost a loved one or friend	<input type="checkbox"/> loss of interest in activities you previously enjoyed
<input type="checkbox"/> recently moved to a new home	<input type="checkbox"/> became the primary caregiver for a loved one or friend



Health Concerns:

<input type="checkbox"/> living with a chronic health condition
<input type="checkbox"/> received a health diagnosis or noticed a decline in your health
<input type="checkbox"/> experienced changes in sleeping or eating patterns (increase or decrease)
<input type="checkbox"/> loss of energy or feeling tired all the time



Feelings of:

<input type="checkbox"/> hopelessness	<input type="checkbox"/> sadness
<input type="checkbox"/> isolation	<input type="checkbox"/> frustration
<input type="checkbox"/> loneliness	<input type="checkbox"/> fear or anxiety

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!

(308) 537-1030



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HEALTH**

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