



For you to complete in private, to give you insight into possible support needs.

You will also find a useful list of help resources.

For multimedia self-help resources please visit:

[www.therapyincheshire.com](http://www.therapyincheshire.com)

and click on 'Self-Help'.

# Mood Self-Assessment

Including a basic therapy needs assessment.

Because your mental health matters...

Devised by Matt Valentine-Chase

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## Mood Self-Assessment

Please take a look at the below simple mood insight tool. Answer by circling the level you feel at **most of the time**. This is intentionally brief. It will give you basic insight into how you are feeling, in which areas. Generally, the lower the score, the more useful it would be for you to seek extra support, coping strategies and maybe therapy. It is helpful to answer the questions quickly, this is a way to bypass the conscious and allow the subconscious to show you how you really feel.

Feelings you experience....

### Happiness

None

Very Happy

0

1

2

3

4

5

### Calmness

None

Very Calm

0

1

2

3

4

5

### Joy

None

Very Joyful

0

1

2

3

4

5

### Clarity

None

Very Clear

0

1

2

3

4

5

## Optimism

None

Very Optimistic

0

1

2

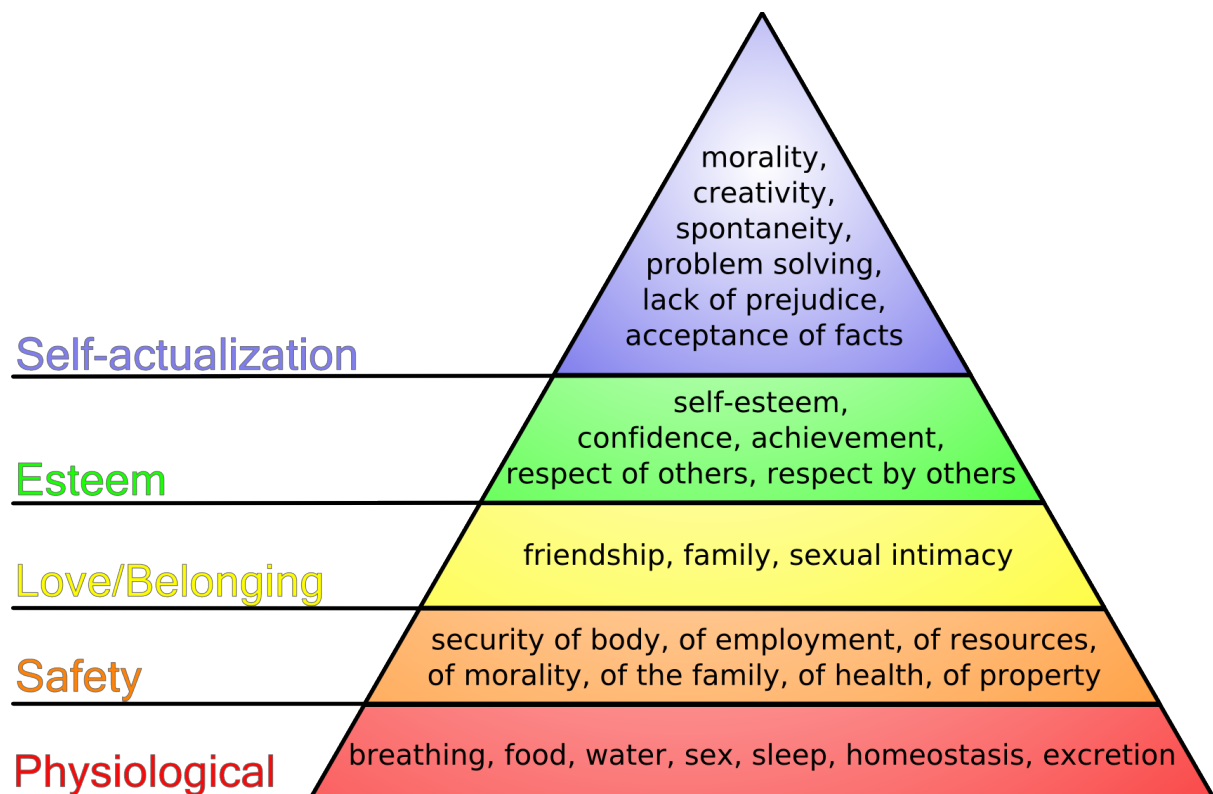
3

4

5

Total: /25

If you would like to, now add the score together. Generally, the lower the total score, the more external support is advised along with increased self-care techniques. If you take a look at the chart below, this may give you some extra understanding into your needs at this time. Take a look at any areas you may feel are missing or weaker than others. This can give you an idea of where in your life, environment and work you may need to make some changes. Asking for external support is a part of the changes that may need to take place. Go easy on yourself.



**Image 1 – Maslow’s Hierarchy of Needs**

The next page is a basic therapy needs assessment. A very simple tool to support you in identifying possible needs for therapy or external support.



## Basic Therapy Needs Assessment

Please answer quickly and with honesty. The quicker you respond to the question the more likely the information will be accurate. Please circle your response. You might want to add up your score at the end.

**Over the last six weeks**, how often have you felt the following, on a sliding scale, 0 being not at all, 1 being least often and five being all the time.

### Hopeless

Not at all

All of the time

0

1

2

3

4

5

### Agitated or Anxious

Not at all

All of the time

0

1

2

3

4

5

### Low in mood

Not at all

All of the time

0

1

2

3

4

5

### Dreading going to work / doing daily activities\*

Not at all

All of the time

0

1

2

3

4

5

### Feeling isolated

Not at all

All of the time

0

1

2

3

4

5

### Feeling unsupported – work\*\*

Not at all

All of the time

0

1

2

3

4

5

### Feeling unsupported – social/family

Not at all

All of the time

0

1

2

3

4

5

**Total: /35**

Generally, the higher the score, the more external support is advised. Please take a look at the sources of support sheet.

If the score is 15-21, we advise that you please see your GP as a minimum and to explore possible support services.

If the score is more than 22 it would be helpful to see your GP and to ask for a referral for counselling and, if able, to seek therapy privately. There are some free options available, see resources.

\* If you are not currently in work, answer this question when thinking about daily activities or housework, caring for children etc.

\*\*If you are not currently in work, answer this question when reflecting on your general sense of feeling unsupported. This could involve professionals you are seeing, support groups etc.

**Sources of support are overleaf.**

In the first instance, if you feel you need support, it is advised to see your GP, who can often refer you to therapy, advise on mental health support services and more. There is often a wait to see a therapist, so you may find the below resources useful. In a mental health emergency, you can call the GP out of hours, go to your local accident and emergency department (where you will be able to see a mental health triage nurse) or call one of the mental health helplines as listed.

### **Free sources of support**

- Your employer's EAP provider (where available)

This is an option for those in work that is often overlooked. EAP's are often available 24/7 and offer immediate or very swift access to a counsellor over the phone, in addition to ongoing 1-1 therapy sessions. Check with your employer and EAP provider.

### **Other free support services – helplines**

- Samaritans 116 123 (free from any phone)

24 hours a day, 365 days a year. email [jo@samaritans.org](mailto:jo@samaritans.org) or [visit some branches in person](#) (click to search branches if reading this on a computer) You can also call the Samaritans Welsh Language Line on 0808 164 0123 (7pm–11pm every day).

- SANEline 0300 304 7000 (free)

If you're experiencing a mental health problem or supporting someone else. This line is open 4.30pm–10.30pm every day.

- The Mix 0808 808 4994 (for under 25's)

If you're under 25, you can call The Mix. The line is open Sunday-Friday 2pm–11pm or [use their crisis text messenger service](#) (click to open the message app if using reading this on a computer or phone).

- Papyrus HOPELINEUK 0800 068 4141 (for under 35's)

Papyrus is for the under 35's and struggling with suicidal feelings, or concerned about a young person who might be struggling. It is open weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm-10pm, email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) or text 07786 209 697.

- Campaign Against Living Miserably (CALM) 0800 58 58 58

If you identify as male, you can call the [Campaign Against Living Miserably \(CALM\)](#) on (5pm-midnight every day) or use their [webchat service](#) (click the links if reading this on a pc or phone).

- LGBT Switchboard 0300 330 0630

If you identify as gay, lesbian, bisexual or transgender, you can call between 10am-10pm every day, email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) or use their webchat service (<https://switchboard.lgbt/>). Phone operators all identify as LGBT+.

### **Students:**

- Nightline <https://www.nightline.ac.uk/want-to-talk/>

If you're a student, you can look on the [Nightline website](#) to see if your university or college offers a night-time listening service. Nightline phone operators are all students too.

### **More helplines and help sources:**

Can be found at:

- The Helplines Partnership <https://helplines.org/helplines/>

The partnership provides listings of helplines and support for: carers, bereavement, mental health, employment, armed forces, financial advice services and much more.

**Other sources, which usually incur a fee:**

Psychology Today

(Listings for counsellors and psychologists) [www.psychologytoday.com](http://www.psychologytoday.com)

NCS (National Counselling Society)

(Listings for counsellors and therapists) [www.nationalcounsellingsociety.org](http://www.nationalcounsellingsociety.org)

BACP (British Association for Counselling and Psychotherapy)

(Listings for counsellors and psychotherapists) [www.bacp.co.uk](http://www.bacp.co.uk)

Better Help

(Private Therapy Listings) <https://www.betterhelp.com/>

GoGoDoc

(Private GP services including MH support) <https://gogodoc.com/>

*Disclaimer:*

*This document and listings herein are not to be used in replacement for qualified medical, psychological, social or financial support. Please use the links provided to seek qualified support.*

*The basic mood and therapy needs assessments are simple tools to give possible insight into support needs, they are not clinical assessments and are not to be used as such.*

*The list of resources is not exhaustive and is provided for reference only, listing does not constitute endorsement.*

*For further resources and online self-help resources, please visit [www.therapyincheshire.com](http://www.therapyincheshire.com).*