

## DBH Facts

# Self-Assessment Screening Tools for the Military Community

The confidential mental health self-assessment screening tools are a quick way to determine if you or someone you care about may need to reach out to a doctor or mental health professional for an evaluation. *These are not designed to provide a comprehensive assessment or diagnosis of a behavioral health issue.* Only a qualified physician or mental health provider can provide a complete assessment and diagnosis.

If the assessment recommends seeking a qualified physician or mental health professional, there are several ways to connect with one:

- Contact your physician.
- MO Department of Mental Health Service Member, Veterans & Their Families webpage has a provider map: <http://dmh.mo.gov/veterans/>
- Contact your local VA Medical Center. All VA medical centers take walk-ins either at the behavioral health clinic or through the emergency room. Here is a listing of Missouri VA Medical Center locations: <https://www.va.gov/directory/Guide/state.asp?STATE=MO&dnum=ALL>
- TRICARE Provider directory for those of you using TRICARE insurance: <https://www.tricare-west.com/content/hnfs/home/tw/bene/provider-directory.html>

### ▼ Confidential Self-Assessment Tools.

#### Make The Connection

MakeTheConnection.net is an online resource designed to connect Veterans, their family members and friends, and other supporters with information, resources, and solutions to issues affecting their lives. The link offers screenings for depression, PTSD, alcohol, substance abuse and the Veterans Self-Check Quiz to learn if stress and depression might be affecting you.

<http://maketheconnection.net/resources/self-assessments>

#### Screening for Mental Health

Screening for Mental Health Inc. offers mental health self-assessment for some of the more common mental health issues including posttraumatic stress disorder (PTSD), depression, anxiety, alcohol problems and more.

[http://screening.mentalhealthscreening.org/Military\\_NDS](http://screening.mentalhealthscreening.org/Military_NDS)

#### Mental Health America

Mental Health America (MHA) is a non-profit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all Americans. The MHA website offers screening tools for depression, anxiety, bipolar, PTSD and more.

<https://screening.mhanational.org/screening-tools>

*For your convenience in finding behavioral health resources, the Missouri Department of Mental Health (DMH), in partnership with the Missouri Behavioral Health Alliance (MOBHA), has compiled this list. These links will take you out of the DMH website. DMH and MOBHA do not endorse or take responsibility for the content of other organization's websites.*

For more information, contact the nearest community mental health center or the Missouri Department of Mental Health, Division of Behavioral Health

1706 East Elm  
Jefferson City, MO 65101  
573-751-8017  
<https://dmh.mo.gov/>