



Self-Assessment Screening Tools for the Military Community

These 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 professional help. These tools are not designed to give a diagnosis of a mental health or substance misuse problem. Only a qualified clinician can provide a complete assessment and diagnosis.

If a tool recommends seeking medical help, there are several ways to do this:

- Contact your personal physician.
- Access the DMH Veterans Services [provider map](#).
- Contact your local [VA Medical Center](#).
- Find a provider through the [TRICARE West network](#).

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.

[Mental Health America](#)

Mental Health America (MHA) is a non-profit that addresses 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.

For your convenience in finding behavioral health resources, the Missouri Department of Mental Health (DMH) Veterans Services has compiled this list. These links will take you out of the DMH website. DMH does not endorse or take responsibility for the content of other organization's websites.