



Online
**Mental Health
Screenings**

2017-2018

shac.unm.edu



Student Health & Counseling
In the Division of Student Affairs

Find out quickly if professional consultation would be helpful to you by taking **free, online screenings** for mood and anxiety disorders. At the end of each **anonymous** screening, you receive an immediate result that can be printed and taken to a clinician for further evaluation. *A screening test is not a substitute for a complete evaluation*, but it can help you learn if your symptoms are consistent with:

- Anxiety Disorder
- Bipolar Disorder
- Depression
- Eating Disorder
- Post-Traumatic Stress Disorder

Info is given on how to access help, if needed. To learn more, call SHAC Counseling Services at 277-3136.

Alcohol Screening (UNM e-CHUG) is also available online.

shac.unm.edu | Click on "Self-Help Tools"