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”