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Grief and Loss Self-assessment Questionnaire

This form is not a diagnostic instrument and is only to be used within the context of your medical treatment and by you if you are more than 18 years old. Share your checklist responses and assessment with your physician or other health care provider. If you are having thoughts of self-harming or are feeling suicidal contact a friend, family or your GP immediately. If you have already taken an overdose or injured yourself badly, **dial 000**.

This self assessment form can help you determine whether additional support would be helpful to you. It doesn't matter how long it's been since your loss, there is someone who can support you through this ordeal.

Questions: Tick "Yes" or "No" for each response.		Yes	No
1	I feel I need more support from my family and friends.		
2	Since the death of my loved one, I feel that the intensity of my grief has progressively become worse.		
3	I find it hard to cope with daily life.		
4	I am unhappy with my eating and sleeping habits.		
5	I am dissatisfied with my level of energy to work, socialize, do housework, and participate in hobbies.		
6	I consistently have low moods or am very irritable.		
7	Since the death of my loved one, I have been diagnosed with Depression by my GP.		
8	I have had more than one significant loss in the last year.		
9	Since the death of your loved one, are you having trouble with increased financial, health, work or relationship problems?		
10	Have you increased your use of alcohol, tobacco, drugs and/or medications not prescribed for you or are you using higher doses than prescribed by your doctor?		

Scoring: If you have answered 'YES' to any of the above and would like to speak to a mental health professional, the experienced staff at Psychcare 24/7 are willing to listen to your concerns, offer you support, and guide you in getting additional help if needed.