



My HealthVet's Mental Health Screening Tools

My HealthVet offers online screening tools about mental health conditions such as Depression, Alcohol Use, Substance Abuse, and Post Traumatic Stress Disorder (PTSD), to all My HealthVet users. As a health care partner, taking online screenings is a good first step to recognize mental health symptoms. Best of all, with Internet access, this can be done at your convenience 24/7, by logging onto My HealthVet at www.myhealth.va.gov.

Using the My HealthVet online screening tools, you can take brief, confidential, and anonymous screenings at www.myhealth.va.gov. Only you see the results because they are not stored in any online account or sent anywhere. This empowers you to become an active participant in your treatment and allows you to print a copy of the results for your personal records. You can also choose to give copies to your health care provider or mental health professional.

Free mental health screening tools include:

- Alcohol Use
- Depression
- Post Traumatic Stress Disorder (PTSD)
- Substance Abuse

My HealthVet allows you to use one or more of the screening tools to see if you have symptoms commonly linked with a specific mental health condition or stress. The fact that a person has symptoms or is having problems at work or with a relationship, for example, does not always mean they have a mental health condition or that a mental health condition is causing major problems. These tools can be used by anyone to help improve their lifestyles.

Note: My HealthVet online screening tools are not intended to provide a complete assessment or diagnosis for any condition. They can help identify symptoms and help to determine if one should seek evaluation by a health care provider or a mental health professional.

How to find the My HealthVet Mental Health Screening Tools

Log onto My HealthVet at www.myhealth.va.gov

- ★ Click "Go to My HealthVet, Enter Here" button
- ★ Click on the **Research Health** tab
- ★ Click **Mental Health**

All online screening tools, links, and resources are free to anyone.

It is secure, safe, and confidential.

www.myhealth.va.gov



Veterans Health Administration

Office of Health Information