

# 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 have thoughts of self-harming or are feeling suicidal, contact a friend, family member, physician, or the National Suicide Prevention Lifeline immediately 24/7 @ **1-800-273-8255** or text **741741** . If you prefer talking to someone about your mental health and military experiences, please the Veteran’s Crisis line 24/7 for active-duty service members, veterans, and military-affiliated family members@ **1-800-273-8255** press **1** or text **838255**. If you have already taken an overdose or injured yourself, please call **911**.

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 Grief and Adversity Coach Melissa James, BCC. It can be helpful to talk to someone about what you are experiencing. If you are interested in connecting with a grief coach or guidance on receiving additional help, please contact Melissa at [www.lifehelper4you.com](http://www.lifehelper4you.com).

Veteran Support VA offers a network of support for all Veterans and their families and friends. You don’t have to be enrolled in VA benefits or health care to request assistance. Contact your local VA Facility [HERE](#)

Active-Duty Service Members Contact your installation’s Military and Family Support Center. Locate your installation’s center [HERE](#) or outside installation options:

Military OneSource and the Military and Family Life Counseling Program offer free, confidential, face-to-face non-medical counseling to support you with military and family life challenges, including coping with grief. Find resources [HERE](#)

Family members can also use the Military OneSource listed above or use their [Tricare](#) benefits. Service members must receive a referral to use their Tricare benefits outside the installation.