

Outpatient Psychiatric Clinic initial symptom review

What are the main things you are hoping to talk about today?

Are you experiencing of the following?

- Low mood
- Crying spells
- Feelings of worthlessness
- Feelings of hopelessness
- Thoughts of hurting yourself
- Thoughts of hurting others
- Thoughts of ending your life
- Lack of energy
- Sleeping too much
- Sleeping too little
- Frequent nightmares
- Too much energy
- Drinking too much alcohol
- Using drugs
- Feeling irritable
- Doing risky things
- Feeling on top of the world or very happy
- Feeling nervous
- Worrying too much
- Panic attacks
- Avoiding things that make you anxious
- Frequent unpleasant thoughts, urges, or images
- Needing to repeat certain behaviors or mental acts over and over again
- Difficulty concentrating
- Getting easily distracted
- Trouble with memory or forgetfulness
- Hallucinations
- Paranoia
- Distress about the way your body looks
- Concern about your weight
- Binge eating
- Making yourself vomit

How many hours of sleep are you currently getting per night?