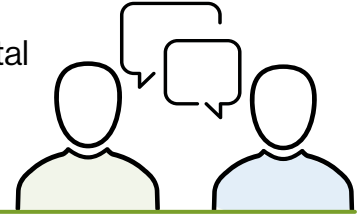


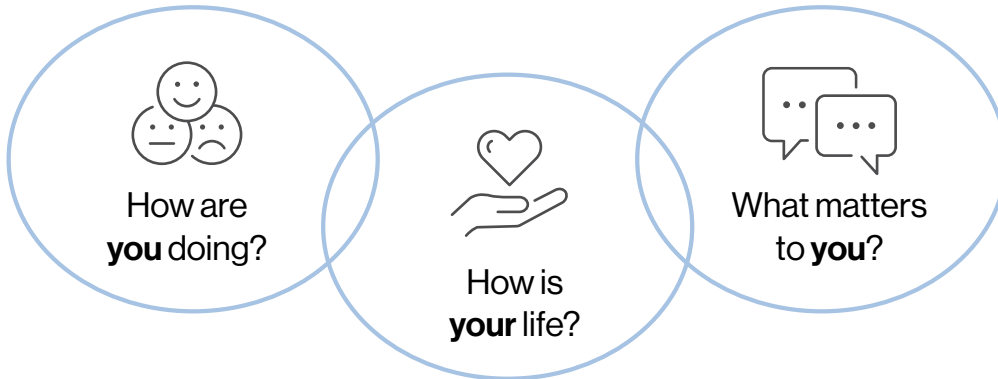
# Live Your Best Life Possible

Quality of life assessments for persons living with mental health or substance use challenges help healthcare and Clubhouse providers meet your needs.



## Quality of Life Assessments

These assessments are a series of simple questions. They ask about **your** health, **your** experiences, and **your** life.



## Why Quality of Life Assessments Matter

Using these assessments regularly has been shown to help.

- Help you and your providers better **understand** how you are doing.
- Help you and your providers find the **support** you need for recovery and treatment.
- Help you and your providers find the **resources** you need.





## Sample Questions

The answers to these questions are about you, even if someone helps you fill them out.

There are no “right” or “wrong” answers.

Just share what you think or feel.

**A** *Over the past two days (48 hrs), emotionally I felt:*

Very Bad	0	1	2	3	4	5	6	7	8	9	10	Excellent
----------	---	---	---	---	---	---	---	---	---	---	----	-----------

For example, select a number that best shows how you felt during the past two days.

- **Very Bad**, you might circle a 0 or 1
- **Fair**, you might circle a 3 or 4
- **Good**, you might circle a 6 or 7

**B** *I am doing something meaningful in my life, such as work, volunteering, or school?*

Never	Rarely	Sometimes	Often	Always
-------	--------	-----------	-------	--------

## What to Do

- Answer** as many questions as you can.
- Complete** the assessment before you see your provider or during your appointment
- Talk** with your provider during your appointment about your answers.



Doing quality of life assessments can help you live **your best life** possible.