

# Could you use help? Quick Self Assessment



- Are you anxious or having trouble sleeping?
- Unable to relax without alcohol or drugs?
- Having problems getting your work completed?
- Noticing an increase in errors of judgment?
- Lost interest in things you used to enjoy?
- Experiencing emotional numbness?
- Having suicidal thoughts?

**If you answered “yes” to any of these questions, call LAP for assistance.**

**Toll-Free Confidential Help 1-888-388-5459**