

# Anxiety Survey

## Generalized Anxiety Disorder (GAD-7) Anxiety Scale

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

**Scoring:** Sum the numerical answers to questions number 1 through 7.

<u>Score</u>	<u>Severity</u>
0-4	None-Minimal
5-9	Mild
10-14	Moderate
15-21	Severe

*If you are feeling overwhelmed, depressed or unable to do the things you once enjoyed, it may be time to pause and assess your emotional health.*

Please note that suicidality is not assessed in this survey.

If you feel you may be at risk or have thoughts about harming yourself or others, please seek immediate help from a medical professional.

**Call 911 or the 24/7 Crisis Hotline at 1-844-4CRISIS (1-844-427-4747).**



## Butler County Mental Health & Addiction Recovery Services Board

*Anxiety is a normal reaction to stress. However, some people experience anxiety that persistently interferes with daily activities such as work, school or sleep. Lifestyle changes, counseling or medications (or a combination of these approaches) can help.*

If you feel you may be at risk or have thoughts about harming yourself or others, please seek immediate help from a medical professional. There are many certified mental health providers in Butler County that can see clients with or without insurance. You may be eligible to receive help covering the cost of your care.

**Anxiety is treatable. Call any of these resources today.**

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### Call the **FREE Crisis & Information and Referral Hotline**

*Available 24/7, 365 days a year. You are not alone.*

**1-844-4 CRISIS  
(1-844-427-4747)**

Operated by Beckett Springs Hospital

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### Butler County Mental Health & Addiction Recovery Services Board

(513) 860-9240 [www.bcmhars.org](http://www.bcmhars.org)

*Available Monday – Friday, 8:30 AM – 4:30 PM*

The Butler County Mental Health & Addiction Recovery Services Board is a government agency that oversees the public mental health and recovery system in Butler County, Ohio. Call for referrals to local certified mental health and substance abuse treatment providers. The Board website features a waiting list forum so you can know when to expect a mental health or substance abuse assessment appointment.