

MENTAL HEALTH · OUTREACH

# Is it time to talk to someone?

A guide to recognizing when your wellbeing needs attention

Lic. Javier Azarola · Psychologist · Lic. N° 89.410 · psicoazarola.com.ar

---

Psychological distress rarely arrives all at once. More often it settles in slowly, blends into daily routine, and ends up feeling normal. This questionnaire is not meant to give you a diagnosis or place you in any category. It is a pause: a space to look honestly at what is happening before deciding whether to seek professional help.

## 1. Mood and energy

› Have you noticed a decrease in enthusiasm or motivation to do things you used to enjoy?

■ Almost never ■ Sometimes ■ Often ■ Almost always

› Do you go through prolonged periods of sadness, emptiness, or numbness you cannot fully explain?

■ Almost never ■ Sometimes ■ Often ■ Almost always

› Does your physical or mental energy run out faster than usual, even without apparent effort?

■ Almost never ■ Sometimes ■ Often ■ Almost always

## 2. Anxiety and thoughts

› Do you have recurring thoughts or worries that are difficult to stop or control?

■ Almost never ■ Sometimes ■ Often ■ Almost always

› Do you experience physical tension symptoms (chest tightness, difficulty breathing, insomnia) with no clear medical cause?

■ Almost never ■ Sometimes ■ Often ■ Almost always

› Does anxiety or fear limit your ability to make decisions or function in everyday situations?

■ Almost never ■ Sometimes ■ Often ■ Almost always

## 3. Relationships and daily life

› Have you noticed that close relationships (partner, family, friends) have become a frequent source of conflict or distance?

■ Almost never ■ Sometimes ■ Often ■ Almost always

› Do you find it increasingly difficult to ask for help or express how you feel?

■ Almost never ■ Sometimes ■ Often ■ Almost always

› Does work, study, or other responsibilities feel like a burden you can no longer manage normally?

■ Almost never ■ Sometimes ■ Often ■ Almost always

#### 4. Habits and self-care

› Has your relationship with food, sleep, or movement changed noticeably in a way that causes you distress?

■ Almost never ■ Sometimes ■ Often ■ Almost always

› Is there a behavior or habit (social media, alcohol, shopping, substances) that feels like it is taking up an increasingly central place in your life?

■ Almost never ■ Sometimes ■ Often ■ Almost always

› Does it feel like caring for yourself has been postponed indefinitely?

■ Almost never ■ Sometimes ■ Often ■ Almost always

---

If you answered "**Often**" or "**Almost always**" to three or more questions, there is something that deserves attention. You do not need to be in crisis to seek help: being able to talk to someone before that point often makes a real difference.

---

#### Your rights as a patient

**No discrimination.** You have the right to be seen regardless of your beliefs, socioeconomic status, sexual orientation, or religion.

**Treatment that respects your history.** The therapeutic process must respect your privacy, your culture, and your capacity to make decisions.

**Confidentiality.** What you share in session is protected. It may only be disclosed with your authorization or by court order.

**Right to decide.** You may accept, refuse, or discontinue treatment at any time, without giving reasons.

**Second opinion.** You may consult another professional whenever you consider it necessary. (Law No. 26.529)

---

#### Ready to take the first step?

I offer online psychological care for adults and adolescents, with no waiting list and accessible fees, both within Argentina and internationally.

**psicoazarola.com.ar**