

Should I see a Counsellor?



Answer yes or no for the following questions:

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In the last month:

1) I've felt mad a lot.

- Yes
- No

2) I've felt sad a lot.

- Yes
- No

3) I've found a lot of things scary.

- Yes
- No

4) There are things I don't like about myself.

- Yes
- No

5) People I care about get hurt a lot.

- Yes
- No

6) Sometimes the people I care about hurt me.

- Yes
- No

7) I've felt I am getting bullied.

- Yes
- No

8) I've had a hard time with friends.

- Yes
- No

9) I've been getting into more trouble at home or at school.

- Yes
- No

10) There has been a big change in my life (I've moved, changed schools, my parents got separated or divorced, someone important to me has died).

- Yes
- No

11) I've had a hard time talking to adults in my life.

- Yes
- No

12) I've hurt myself on purpose sometimes.

- Yes
- No

13) I've thought of killing myself.

- Yes
- No

14) I feel like I have lots of problems in my life and want to talk to a counsellor.

- Yes
- No

Catholic Family Services of the Battlefords INC
#101-1272 101 St, North Battleford, SK
tel. (306) 445-6960 email battlefords.cfs@sasktel.net

If you answered yes to two or more of these questions, talk to a trusted adult about maybe seeing a counsellor. Need help talking to a trusted adult? Try starting with the letter found under Fun Stuff .

If you hurt yourself on purpose, you should get help immediately. Talk to a trusted adult and/or phone one of these numbers:

- Catholic Family Services: (306) 445-6960
- RCMP: (306) 446-1720
- Kids Help Phone: 1 (800) 668-6868

If you are thinking of harming yourself, you need help immediately. There are adults who can and will help you. Talk to a trusted adult and/or phone one of these numbers immediately:

- RCMP: (306) 446-1720
- Catholic Family Services: (306) 445-6960
- Kids Help Phone: 1 (800) 668-6868
- Mental Health North Battleford: (306) 446-6500
- Mental Health Lloydminster: (306) 820-6250
- Mental Health Maidstone, Cut knife, Neilburg, Turtleford, Paradise Hill, St. Walburg: (306) 446-6500
- Mental Health Meadow Lake: (306) 236-158

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