Interactive Assessment Tools

Websites

- **AUDIT**: The AUDIT questionnaire is designed to help in the self assessment of alcohol consumption and to point out any implications for the person's health and wellbeing now and in the future.
- **Drug use assessment**
  - [https://counsellingresource.com/quizzes/drug-testing/drug-abuse/](https://counsellingresource.com/quizzes/drug-testing/drug-abuse/)
- **Interactive Screening Program (ISP)**: The Interactive Stress & Depression Screening will allow you to connect anonymously with a counselor online. Find out how stress and depression could be affecting you? and how to get help. You will receive an anonymous, individualized, online response from a Student Health and Counseling Services counselor and have the opportunity to ask questions and discuss concerns about our services and resources.
  - [https://www.ucsfcares.org/welcome.cfm?access=jicapp](https://www.ucsfcares.org/welcome.cfm?access=jicapp)
- **Online Mental Health Screening**: Free, anonymous screenings for depression, anxiety, eating disorders, and alcohol problems. This screening tool can help you decide if meeting with a therapist might be helpful.
  - [http://screening.mentalhealthscreening.org/hyho](http://screening.mentalhealthscreening.org/hyho)

Apps

- **LifeArmor**: A comprehensive learning and self-management tool to assist with common mental health concerns. Browse information on 17 topics, including sleep, depression, relationship issues, and post-traumatic stress. Brief self-assessments help the user measure and track their symptoms, and tools are available to assist with managing specific problems.