



Essential Veteran Services

EVALUATIONS & NEXUS LETTERS

FREE SELF-ASSESSMENT • VETERAN-LED • CONFIDENTIAL

Is It Time to Start a Mental Health VA Claim?

Not sure if what you're feeling is connected to your service?

This self-assessment is designed to help you reflect on mood changes, sleep patterns, stress levels, daily functioning, and emotional well-being. Awareness is the first step toward action.

01 Reflect

02 Score

03 Next Steps

This self-assessment is for personal informational purposes only and does not replace professional medical or mental health care.

Emotional & Mood Reflection

Instructions: Answer Yes or No to each question based on your experiences over the past 3–6 months.

Have you noticed increased irritability, anger, or emotional numbness?

☐ YES ☐ NO

Do you experience frequent anxiety, panic, or hypervigilance?

☐ YES ☐ NO

Do you feel persistently low, unmotivated, or disconnected from things you once enjoyed?

☐ YES ☐ NO

Have others commented on changes in your mood or personality?

☐ YES ☐ NO

Do small stressors feel overwhelming or difficult to manage?

☐ YES ☐ NO

“Yes” answers in this section: _____

ADDITIONAL NOTES:

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Sleep & Stress Patterns

Instructions: Answer Yes or No to each question based on your experiences over the past 3–6 months.

Do you struggle to fall asleep or stay asleep most nights?

☐ YES ☐ NO

Do you experience nightmares or sleep disturbances related to past events?

☐ YES ☐ NO

Do certain environments, sounds, or situations trigger strong physical or emotional reactions?

☐ YES ☐ NO

Do you feel constantly “on edge,” alert, or unable to relax?

☐ YES ☐ NO

Do you avoid places, conversations, or reminders connected to your service?

☐ YES ☐ NO

“Yes” answers in this section: _____

ADDITIONAL NOTES:

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Daily Function & Impact

Instructions: Answer Yes or No to each question based on your experiences over the past 3–6 months.

Have your symptoms affected your work performance, reliability, or focus?

☐ YES ☐ NO

Have your relationships been strained due to mood changes, withdrawal, or irritability?

☐ YES ☐ NO

Do you isolate yourself more than you used to?

☐ YES ☐ NO

Do you struggle with concentration, memory, or decision-making?

☐ YES ☐ NO

Do you feel exhausted even when you haven't done much physically?

☐ YES ☐ NO

"Yes" answers in this section: _____

ADDITIONAL NOTES:

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Results & Next Steps

Scoring: Count the number of “Yes” responses.

0–3

YES ANSWERS

You may be experiencing occasional stress. Continue monitoring your symptoms and consider speaking with a provider if they worsen.

4–7

YES ANSWERS

You may be experiencing consistent mental health symptoms that could warrant further evaluation. It may be beneficial to speak with a provider and explore whether your symptoms are service-connected.

8+

YES ANSWERS

Your symptoms may be significantly impacting your daily functioning. It may be time to consider starting a mental health VA claim and seeking structured support.

My total “Yes” answers: _____

Range: _____

ADDITIONAL NOTES:

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NEXT STEPS

Next Steps & Support

You Don't Have to Navigate This Alone.

If this assessment raised questions for you, that's a sign worth paying attention to.

Essential Veteran Services helps veterans:

Clarify whether symptoms may be service-connected

Identify potential primary and secondary conditions

Strengthen documentation

Prepare for C&P exams

Navigate the claims process strategically

CONNECT WITH US TODAY



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