

# Mental health

Are you currently living with any of the following medically diagnosed difficulties? \*

- Addiction (e.g., Alcohol, Drugs, Gambling, ...)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Autism
- Bipolar Disorder
- Borderline Personality Disorder (BPD)
- Generalized Anxiety Disorder (GAD)
- Major Depressive Disorder (MDD)
- Obsessive-Compulsive Disorder (OCD)
- Panic Disorder
- Post-Traumatic Stress Disorder (PTSD)
- Schizophrenia
- Social Anxiety Disorder (Social Phobia)
- Specific Phobias
  - Eating Disorders (e.g., Anorexia, Bulimia, ...)
  - None
  - Other

**Are you currently undergoing any of the following treatments \***

- Antidepressant Medication (e.g., PROZAC, ZOLOFT, EFFEXOR...)
- Anxiolytic Medication (e.g., XANAX, VALIUM, ...)
- Psychotherapy/Counselling (e.g., CBT, ACT, ...)
- Mood Stabilizers (e.g., LITHIUM, LAMICTAL, ...)
- Antipsychotic Medication (e.g., RISPERDAL, SEROQUEL, ...)
- Lifestyle Changes (e.g., diet, exercise, ...)
- Mindfulness and Stress Management Techniques
- Alternative Therapies (e.g., acupuncture, herbal remedies, ...)
- None
- Other

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