



Worried about your Mental Health?

Have questions? Get some answers. It's easy and it's free.

Trillium Health Resources is strongly committed to bringing services and supports to the communities we serve.

We look for innovative ways to engage individuals and families and present helpful information.

Screenings Available For:

- Provides anonymous, evidence-based, self-conducted screenings available online 24 hours a day
 - Depression
 - Post-Partum Depression
 - Substance Use Disorder
 - Bipolar Disorder
 - Post-Traumatic Stress Disorder (PTSD)
 - Generalized Anxiety Disorder
 - Eating Disorders
 - Attention-Deficit/Hyperactivity Disorder (ADHD)
 - Gambling
 - Opioid Misuse
 - Youth Mental Health
 - Self-Injury Survey
 - Obsessive Compulsive Disorder (OCD)
 - Psychosis and Schizophrenia
- Provides immediate results
- Provides a link to our provider directory to search for a local provider
- Is available in English and Spanish
- Is available from any computer or mobile device
- Allows you to use the system whenever and wherever, and as often as you choose

Trillium complies with applicable federal civil rights laws and does not discriminate, exclude or treat people differently, based on race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender identity or expression, or sexual orientation.



Transforming Lives.
Building Community Well-Being.

Take a Mental Health Test

Online screening is one of the quickest and easiest ways to see what mental health symptoms you might be experiencing. It's **free, quick, confidential, and backed up by science.**

Mental health conditions are real and common. And recovery is possible! **Take the first steps here.**

[DEPRESSION TEST](#)
[ADHD TEST](#)
[ANXIETY TEST](#)
[OCD TEST](#)
[BIPOLAR TEST](#)
[PSYCHOSIS & SCHIZOPHRENIA TEST](#)
[EATING DISORDER TEST](#)
[PTSD TEST](#)
[ADDICTION TEST](#)

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[DENY](#)
[ACCEPT](#)

Powered by  MHA

Using the online screening is easy

The image above is the first thing you see when you use the program, hosted on the Mental Health America website. You do not have to give your name or provide any other personal details to take part.

By answering a few simple questions, you can learn more about what you or someone you know may be going through. Although the screening does not provide a diagnosis, it can share whether you should seek more information to get help.

To complete a screening for you or a loved one, scan the QR code

- Contact Trillium's **Member & Recipient Services** at **1-877-685-241**



Auxiliary Aids and Interpreter Services: You can get free materials in large print and other auxiliary aids and services. Call 1-877-685-2415 (TTY/TDD 711). If English is not your first language, free interpreter services are available. Call 1-877-685-2415 (TTY/TDD 711).

Español (Spanish): Puede obtener materiales gratuitos en letra grande y otras ayudas y servicios auxiliares. Llame al 1-877-685-2415 or TTY/TDD: 711 or 1-877-685-2415. Si el inglés no es su lengua nativa, dispone de servicios gratuitos de interpretación. Llame al 1-877-685-2415 or TTY/TDD 711 or 1-877-685-2415.

中国人 (Chinese): 您可以免费获得各种资料的大字版以及其他辅助工具和服务。请致电 1-877-685-2415 (TTY/TDD 711)。如果英语不是您的首选语言，我们提供免费的翻译服务。请致电 1-877-685-2415 (TTY/TDD 711)