

Is Functional Psychiatry Right for You?

Self-Assessment Quiz

Answer the following questions with Yes or No:

1. Have you tried multiple medications without long-term relief?
2. Do you feel like stress, trauma, or your environment affect your mood?
3. Are you dealing with fatigue, gut issues, or hormonal changes alongside anxiety or depression?
4. Do you value a holistic approach that includes nutrition, lifestyle, and emotional health?
5. Do you experience persistent anxiety, low energy, or mood swings?
6. Are you open to exploring integrative or alternative treatment options?
7. Have you ever felt that traditional care missed something deeper?

Scoring & Interpretation

Results Overview:

Score 0-3: You may benefit from a mental wellness tune-up and lifestyle support.

Score 4-6: You could be a strong candidate for functional psychiatry - let's talk.

Score 7+: You're likely ready for deeper support - consider an evaluation or a discovery call.