Online Therapy in South Carolina

Use this brief screening to help you identify if further help or therapy is needed. Circle the number on the scale that best connects with your answer.

1. How often do you feel down or depressed?

0 1 2 3 4 5
(Never) (All the time)

2. How often do you feel anxious, tense, or nervous?

0 1 2 3 4 5
(Never) (All the time)

3. How frequently do you engage in social outings or activities with friends?

0 1 2 3 4 5
(Very often) (Never)

4. How much conflict, stress, or tension do you feel in your romantic relationship?

0 1 2 3 4 5
(None) (Very conflicted, often tense)

5. How satisfied are you with your sexual intimacy?

0 1 2 3 4 5
(Very satisfied) (Not at all satisfied)

Add the numbers you circled for each question. If you scored approximately a 12 or greater, therapy could be very helpful for you (though I think it's beneficial for everyone!). This screening is not meant to be a diagnostic tool, but it can help you start to identify your mental health needs and relationship needs.

Jessica Fairfax, LMFT
Jessica Fairfax Therapy, LLC
(864) 408-8949
https://jessicafairfaxtherapy.com
jessica@jessicafairfaxtherapy.com