



FACULTY WELLNESS PROGRAM

ANONYMOUS MENTAL HEALTH QUESTIONNAIRE

ABOUT THE QUESTIONNAIRE

- Is entirely anonymous, confidential, and completely voluntary
- Is a safe and easy way to find out if stress, anxiety or depression may be affecting you
- Is a free service from the UCI Faculty Wellness Program

3 EASY STEPS

- Take and submit the 10- minute Questionnaire identifying yourself only with a User ID that you select
- A confidential counselor from UCI will post a personal response to you on the secure website with information recommendations, and options for next steps.
- You decide what's next. You'll have the option of communicating with the counselor through this website, on the phone or in person. Or, you can decide to do nothing further at this time.

[CLICK HERE TO TAKE THE QUESTIONNAIRE](#)

If you have any questions about this service, please contact UCI Faculty Wellness Program at facultywellness@hs.uci.edu