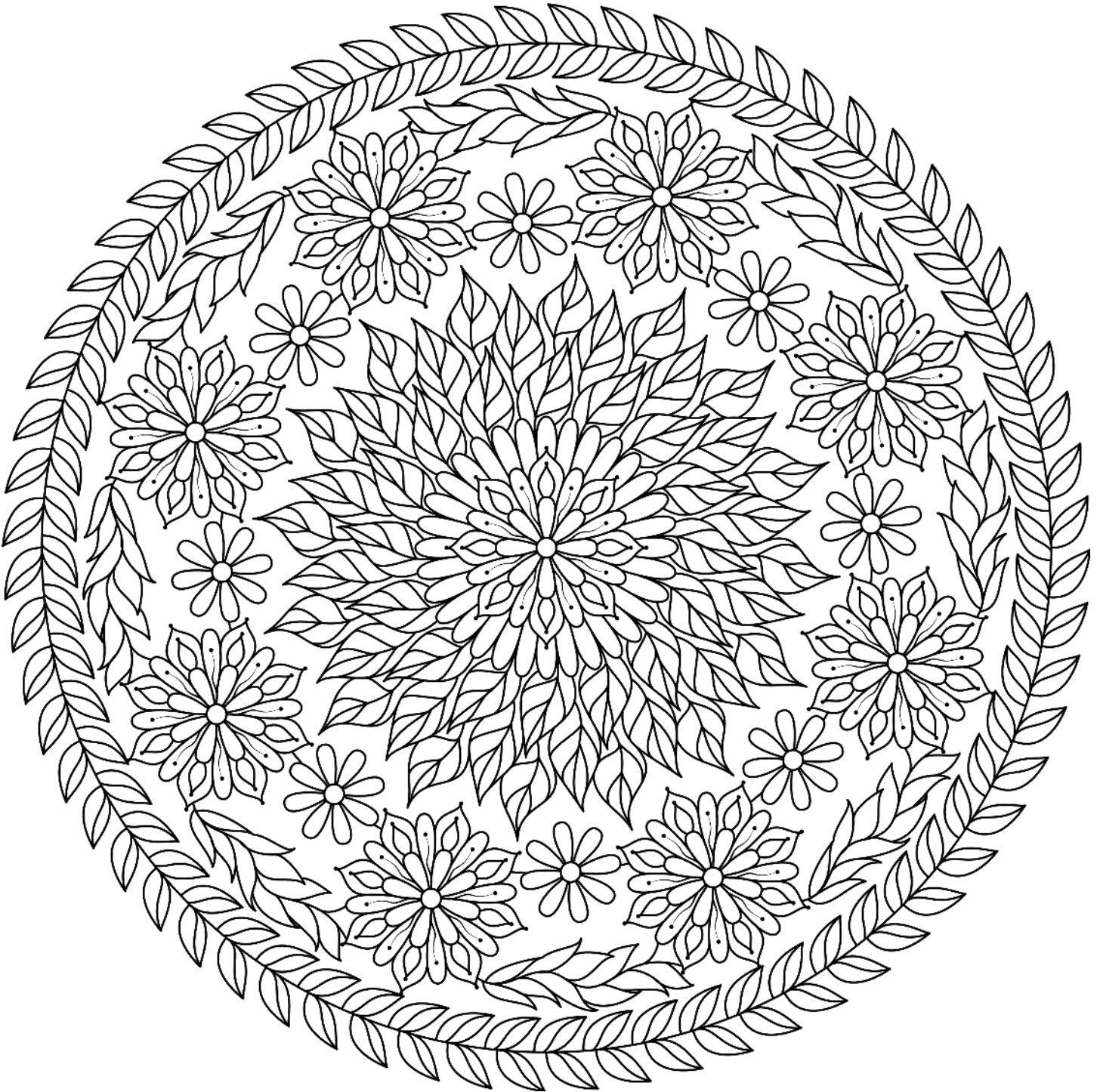


Reaching Out Questionnaire

If you answer yes to one or more of the questions below, contact the Camosun Counseling department for support.

1. Have you experienced a recent loss or change?
2. Do you need support making a decision?
3. Are you feeling isolated from your support system?
4. Are you struggling with substance use or addiction?
5. Do you find yourself coming back to a similar struggle repeatedly?
6. Have you noticed an unexpected change in your appetite/mood/sleep?
7. Are you dealing with homesickness or cultural issues?
8. Do you feel more stressed out than usual?
9. Do you have something in your life that you feel you cannot share with anyone?



Bold Julius

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