

# AERCs MENTAL HEALTH SELF-ASSESSMENT CHECKLIST



**Toronto | Mississauga | Orangeville**



**Web: [www.aercs.ca](http://www.aercs.ca)**

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# TAKE THE CHECKLIST...

**Note:** This checklist is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

## **Mood Patterns:**

Have you experienced persistent sadness, anxiety, or "empty" moods that last two weeks or more?

## **Changes in Sleep:**

Are you experiencing significant changes in your sleep patterns, such as too much sleep or insomnia?

## **Appetite or Weight Changes:**

Have there been significant changes in your appetite or weight (either loss or gain) without a clear reason?

## **Loss of Interest:**

Do you find yourself losing interest in activities or hobbies you once enjoyed?

## **Energy Levels:**

Have you noticed a significant decrease in energy or increased fatigue, even when well-rested?

**Feelings of Worthlessness or Guilt:**

Are you often feeling worthless or overly guilty about things that wouldn't usually affect you this way?

**Concentration Issues:**

Are you experiencing difficulties in concentrating, remembering details, or making decisions?

**Irritability or Anger:**

Have you become more irritable or angry, even over small or insignificant issues?

**Physical Symptoms:**

Are you experiencing physical symptoms like headaches, digestive disorders, or chronic pain without a clear physical cause and which do not ease even with treatment?

**Thoughts of Harm:**

Have you had thoughts of harming yourself or thoughts that life isn't worth living?

**Action Steps if You're Concerned...**

- If you answered "Yes to several of the above items, it might be beneficial to speak with a mental health professional.
- In Ontario, numerous accessible mental health programs are available to help. You can start by contacting your family doctor, local mental health services, or organizations like **AERCs**.
- Remember, seeking help is a sign of strength, not weakness, and it's the first step towards taking care of your mental well-being.

# SCHEDULE AN APPOINTMENT

For additional information, or to begin the process of therapy at AERCS, please contact us to book a complementary 20 minute phone call consultation.



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## Toronto

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# AERCs - GLORIA SEGOVIA

## **Gloria Segovia, MSW, RSW, RP**

In Person and Online

Gloria Segovia is a Dual-language (English and Spanish) Registered Psychotherapist and Registered Clinical Social Worker with over 15 years of experience. She is experienced in providing clinical social work and psychotherapy to children, youth, families, and couples. Gloria has worked in private practice as well as in the hospital sector, and supervises masters level social work students in their practicum through York University.



Gloria is an empathic and compassionate master's level social worker with over a decade of experience in supporting people through mental health and addiction challenges. She specializes in addiction and relapse prevention as well as couples counseling. Gloria is registered with the Ontario College of Social Workers and Social Service Workers and the College of Registered Psychotherapy of Ontario, both in excellent standing.

As a child therapist, Gloria's focus is to help children and families overcome challenges and promote emotional wellness. With extensive experience working with children of all ages, she has developed a strong passion for empowering children to become confident, resilient, and happy individuals.

Using evidence-based therapies and techniques, such as play therapy, cognitive-behavioral therapy, emotion focused therapy and trauma-informed care, Gloria works with children to address a wide range of emotional and behavioral concerns, including anxiety, depression, ADHD, ADD, OCD, trauma, and behavioral problems. She believes in a holistic approach that includes collaboration with parents and caregivers to help them better understand their child's needs and develop effective parenting strategies.

Gloria is committed to providing a safe and supportive environment for children to express themselves and explore their feelings. She believes in a strengths-based approach that emphasizes a child's unique strengths and abilities and strives to create a positive and uplifting atmosphere where children can build their self-esteem and self-confidence.

Through ongoing professional development, Gloria stays up to date with the latest research and best practices in the field of child therapy, and is dedicated to providing the highest quality of care to every child and family I work with.



Gloria Segovia with a client in the AERCs Orangeville office.

### **Belief in Strength-Based**

Gloria believes that we all have the ability to grow and change. This leads her to pay attention to client strengths, in addition to their challenges. It is her belief that therapy cannot only help clients address concerns and symptoms, but also assist them in developing greater connection and meaning in their lives.

### **Safe Environment**

Gloria's experience in various roles has given her the opportunity to work with individuals of diverse backgrounds. As such, it is important to recognize and respect the full range of our differences. In doing so and in Gloria's therapeutic practice, she remains committed to fostering a safe environment which promotes equality, inclusion and diversity. As a therapist, it is Gloria's aim to foster an environment where you feel safe to unpack your vulnerabilities and emotional burdens.

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