



**IS FRESH HOPE
FOR YOU?**

www.freshhope.us

- The mission of Fresh Hope for Mental Health is to empower individuals to live a full and rich faith-filled life in spite of a mental health diagnosis.
- The vision of Fresh Hope for Mental Health is to equip and empower individuals (and their loved ones) who are affected by a mental health diagnosis to live a full, rich and purpose-filled life in wellness and wholeness (mental, physical and spiritual) through participation in local Fresh Hope groups which are Christ-centered peer support groups, as well as online forums, educational opportunities and faith based mental health resources.
- Fresh Hope is a peer-to-peer Christ-centered wellness approach to mental health recovery based upon six tenets that empowers people to connect both their faith and recovery principles. This approach both empowers and encouraging individuals live full and rich lives in spite of their diagnosis.

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LET'S CONNECT



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Is Fresh Hope for you?

Take a few minutes and answer the following questions

1. Do I often feel sad, anxious or hopeless?
2. Do I find it hard to concentrate on simple, everyday tasks?
3. Do I feel overwhelmed or hopeless in situations that used to be easy for me?
4. Have I withdrawn from friends and family or lost interest in activities I used to enjoy?
5. Have I noticed significant changes in my appetite or sleep pattern?
6. Have I noticed significant changes in my weight, either gaining or losing weight?
7. Do I have problems controlling my emotions, such as anger or sadness?
8. Have I felt unusually tired or exhausted recently?

9. Have I noticed changes in my sexual behavior, such as lack of interest?

10. Have I experienced unexplained physical symptoms, such as headaches, stomachaches or trouble breathing?

11. Do I feel trapped in negative thoughts or excessive worries?

12. Have I been tempted to harm myself or other people?

13. Have I felt hopeless or hopeless about the future?

14. Have I had trouble sleeping or woken up in the middle of the night unable to go back to sleep?

15. Have I experienced significant changes in my mood or behavior in response to stressful events in my life?



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