

Mental Health **Assessment Toolkit**

An Assessment Toolkit for Community
Organizations and Health Care Workers
Working with and for the LGBT Community



Mainstreaming Health & Rights
Empowering Communities

Professionals in Pride Kenya (PPK)

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Forward

The Lesbian Gay Bisexual Transgender and Queer (LGBTQ) communities in Kenya faces stigma discrimination and violence which predisposes them to an inability to cope with common stressors in life such as stress, depression and anxiety. Professionals in Pride Kenya (PPK) conducted a national survey in 2012 with over 300 respondents on access to health services by the LGBT community. The survey showed that more than 60% of all respondents identified mental health as an issue that required programming but no one was doing anything around it.

About PPK

PPK was formally established in August 2012, it is an LGBT led and focused organization that caters to LGBT professionals, expatriates' resident in Kenya, and discrete (closeted) individuals. Our aim is to advocate for and to mainstream health and rights for our community. Acknowledging the gap between the mainstream organizing and that of LGBT individuals who are professionals, expatriates, discrete and individuals, PPK comes in to address challenges faced by this groups while at the same time building bridges of partnership and collaboration with the mainstream organizing.

Our mission and vision:

Our mission is to mainstream health and rights for the LGBTI community by empowering LGBT professionals, expatriates, discrete individuals and partners, promoting their involvement in health and rights advocacy and empowering allies to better address challenges affecting their access to health and the full enjoyment of human rights. And our vision is to attain social justice for the LGBTI community in Kenya.

As part of our mandate of mainstreaming health and rights, PPK received funding support from UHAI EASHRI for a project Mental Health and Capacity Development Project. The Project's main aim was to create awareness on mental health among LGBT community members; as major issue that required programming by developing and enhancing the capacity of community based organizations to effectively assess mental health issues among its members and program for it. Mental health remains an area that needs partnership and collaboration with all stakeholders and we are humbled as PPK to be pioneering interventions to address it for our community.

George Victor O.
Chair Board of Trustees
Professionals in Pride Kenya

Preface

The mental health assessment tool is meant for community based peer educators, health educators, counselors, psychologist and organizations that provide mental health services and or referrals for sexual and gender minorities. For the purposes of this assessment tool, mental health is not the extreme of disease, but rather the state of well-being in which the individual realizes his or her own potential to cope with the normal stresses of life, can work productively and fruitfully and can contribute to his or her community, as defined by World Health Organization (WHO).

While many factors contribute to whether someone is healthy or not, affect the health of individuals and communities; individual circumstances and environmental factors have a role to play in the general health. Some determinants of health include:

- a) Physical environment
- b) Social and economic factors
- c) Personal and individual behaviour and characteristics

Since individual circumstances surrounding a person life has an impact on their health, it would be unfitting to credit or blame someone entirely for their bad or good health. We know that income, education, genetics, family relations and friend have significant impact on our health it is critical that we take all this into account when addressing mental health for our community.

We hope that this toolkit provides a strong basis for community groups, policy makers and other stakeholders to begin to program and prioritize mental health in our programs and interventions. While this document is not conclusive on the broad topic of mental health, we have piloted it and are confident it will be useful in setting up the necessary foundation and or build up on existing programs in your organization.

Layout

This mental health assessment has the following sub-sections

Introduction – provide basic information on mental health and mental disorders and what you can do to address them.

Bio data –This provides information that allows the assessor to have a background against which to assess the data collected during the assessment. The information in the bio data provides information on the age, gender, residence, sexual orientation and sexual orientation disclosure status. Selective disclosure of one’s sexual orientation is healthy as it enables the individual to enjoy authentic social support from significant persons in their lives.

Stress Status- This section highlights indicators related to stress that the client may be experiencing. These indicators are described based on physiological states of the individual.

Perceived stress scale- This enables the assessor to identify the client’s ability to cope with their life situation. The scale brings out the individual’s perception of life and their competence levels in dealing with their individual life situations.

The wellness stress test- This section measures the degree of satisfaction that the individual has in their life.

The stress coping resource inventory- This allows the assessor to gauge how well the client can handle stressful situations and feel empowered to deal with everyday life situations.

Stressors – This allows the assessor to work with the client at identifying the common sources of stress

Rationale

Sexual and Gender Minorities constitute members of every community. They are diverse and come from all walks of life. They include people of all races and ethnicities, all ages, all socioeconomic statuses and from all parts of Kenya. The perspectives and mental health needs of Sexual and Gender minorities should be considered as part of the public health efforts to improve the overall wellbeing of every individual. This is in line with the Bill of rights chapter 4 article 43 (1a) of the Kenyan constitution, which stipulates that every individual has the right to universal access to health. This includes access to mental health services. Per the World Health Organization (WHO), mental health is an integral and essential component of health. Mental health and wellbeing are fundamental to our collective and individual ability as humans to think, emote, interact with each other, earn a living and enjoy life. The promotion, protection and restoration of mental health is a vital concern of individuals, communities and societies throughout the world.

Sexual and Gender minority populations are a segment of the population that is generally considered to be vulnerable to mental health concerns. This is attributable to the societal social and cultural norms that condemn sexual and gender minority populations. The law also considers same sex unions as illegal. Sexual and gender minority populations have been subjected to stigma, discrimination and even psychological and physical abuse. **Other factors that hamper access to services among sexual and gender minorities, as identified by the Global health council include; fear of discrimination by health workers, penal retribution and breeches of confidentiality.** This results in many sexual and gender minority populations being unable to assess mental health services that would otherwise enable them to acquire the competencies to address their mental health issues.

It is against this background that PPK and other associated partners, has come up with the assessment tool to enable mental health service providers and CBOs to identify the issues affecting sexual and gender minority populations, strengthen their capacity to assess, program for mental health and enable them to provide informed mental and psychological support.

Acronyms and Definition of Terms

AIDS – Acquired immunodeficiency Syndrome

AUDIT: Alcohol Use Disorders Identification Test

DAST 10: Drug Abuse Screening Test

LGBTQ: Lesbian, Gay Bisexual Transgender and Queer

PPK – Professionals in Pride Kenya

Sexual and Gender Minorities: Lesbian, Gay, Bisexual, Transgender, Intersex, Queer, gender non-conforming

Sexual Orientation, Gender Identity and Expression (SOGIE)- refers to an inclusive umbrella term that shows the diversity of the Kenyan LGBQ community.

Mental Health: In this document, mental health does not refer to the extreme of illness but, the ability for one to cope with normal daily life challenges and stressors.

Introduction

This mental health assessment toolkit is meant to be administered by staff of community organizations who have basic skills in counseling or counseling psychologists based in these organizations. The questionnaire is administered to the client and the appropriate scores are given based on the indicators/items selected. The assessor will use the scoring criteria to diagnose and determine the next course of action.

Generally, the higher the score for any given item or section, the greater the need for exploration and counseling for the client. If the client exhibits consistently high indicators of depression and hopelessness, there is need for referral for professional counseling services. If the client shows a tendency for suicide, this should be treated as an emergency and appropriate referral should be made after the supportive counseling session.

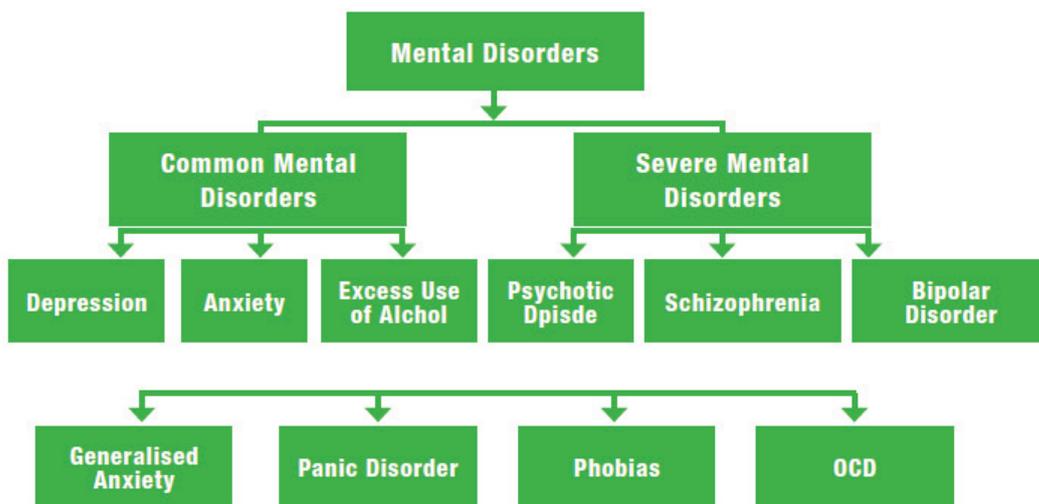
The counselor will utilize the information given in the biodata to

place client responses within a social context.

The Kenyan population is made up of largely young people and adolescents. 41% of Kenyan population is reported to be under the age of 15 year (Bill & Melinda Gates Institute for Population and Reproductive Health et al, 2018).

There is a difference between mental disorders and poor mental health, mental disorders refer to experiencing distressing and severe psychological symptoms to a level that it is not possible to function normally, while poor mental health refers to general mental health problems anyone can experience due to some stressful circumstances, these might include relationship pressures, stigma and discrimination related to being a sexual minority or work related pressure, that may hinder our abilities to concentrate, have sleep disturbances and or mood swings (Mental Health Reform, 2013).

The figure 1 below: illustrates some of the mental disorders we know today:



Source: PeHCHaN Facilitator Guide: Mental Health.

Common Symptoms of Mental Disorders:

Feeling	Thinking	Physical	Imagining	Behaviour
Sadness	Excessive Worry	Tiredness	False beliefs	Crying
Guilt	Inability to make decisions	Weight loss	Seeing things that do not exist	Talking to oneself
Anxiety	Self-blame and self-criticism	Pains and aches	Hearing voices	Withdrawal from society and people
Low Self-Esteem		Loss of appetite		Inability to be concise and or make sense to others
Loss of emotion	Suicidal thoughts and thoughts of death	Sleep disturbance	Tasting things that are not there	Poor personal hygiene
Mood swings	Fast thinking	Stomach ache	Feeling things that do not exist	Escaping behaviour
Helplessness	Poor concentration	Pounding Heart	Smelling things that are not there	Aggression

Approaches you can take to assist someone who needs assistance:

a) Listen without judgement – try to listen to what the person is saying or describing without being critical or judgmental. Do NOT – give advice such as “pull yourself up”, “cheer up” and avoid getting into an argument with the person.

b) Assess the risk – is there a possibility that the individual is suicidal, can harm themselves or others? Engage the person in a conversation about how they feel and describe why they are feeling this way. Ask the person if they are having thoughts of self-harm or suicide (this is not a bad question to ask someone who is mentally unwell or has taken maladaptive coping mechanisms). It is important to find out if the individual is having these thoughts to refer them for help.

c) Give Reassurance and Information – provide hope to the person, tell the person that they can get help for their condition/ situation and that does not mean that the individual is a bad person, and that you want to help.

d) Encourage the person to get appropriate professional assistance – you can encourage the person to get professional assistance from a trained counselor/ psychiatrist and or doctor depending on their condition, you can then follow-up by giving ongoing support to the individual and their family where appropriate. If the person is quite unwell and you think they are psychotic or suicidal and is refusing to get professional help encourage the family and or close friends to consult a doctor or professional so that they can get professional support.

e) Encourage self-help Treatments

Below are some actions you can encourage the person to take or perform to help relieve some of the symptoms described in table 1 above:

- Regular exercise
- Get enough sleep
- Having a healthy diet
- Avoiding alcohol
- Doing relaxation and breathing exercises
- Joining support groups for LGBT community members, youth etc.

Note:

In addition to the above actions and approaches you should also attempt to:

- ✓ Seek immediate help from someone who knows about mental disorders
- ✓ Remove the person from accessing means of taking their own life
- ✓ Don't leave the person alone
- ✓ Try to stop the person from taking alcohol or drugs

Mental Health Assessment Tool And Scoring Criteria

Stress status

Introduction

This section enables the mental health assessor to measure the clients stress status, by assessing physical, behavioral and emotional indicators. The mental health assessor shall score the individual items based on the findings provided in column C, titled 'Finding'. Each item has a score based on the frequency of

indicators. At the end of this section, the assessor shall calculate the Total score to get a general provisional finding as provided in the scoring table below. This will enable the assessor to classify the client as either mildly, moderately or severely stressed.

Overall Scoring

Total Score	Provisional Finding
0-25	Mild stress levels
26-54	Moderate stress levels
55-75	Severe stress levels

Individual item scoring with scales

Indicator	B. Frequency	C. Finding
Headache	Almost every day	A score of five indicates that this individual may require medical examination to investigate physical causes of the headache. The headaches could also indicate extremely high levels of stress.
	2-3 times a week	A score of four indicates that this individual may require medical examination to investigate physical causes of the headache. The headaches could also indicate very high levels of stress. The counselor needs to explore further with the client.
	Once a week	A score of three indicates that this individual may require medical examination to investigate physical causes of the headache. The headaches could also indicate high levels of stress. The counselor needs to explore further with the client.
	2-3 times a month	A score of two indicates that this individual may require medical examination to investigate physical causes of the headache. The headaches could also indicate moderately high levels of stress. The counselor needs to explore further with the client.
	Once a month	A score of one indicates that this individual may require medical examination to investigate physical causes of the headache. The headaches could also indicate minimal levels of stress.
	Almost never	A score of zero indicates that the individual may not be stressed, or his/her stress is not manifesting in the form of headaches.

Tense muscles, sore neck and back (body aches)	Almost every day	A score of five indicates that this individual may require medical examination to investigate physical causes of the body aches. The body aches could also indicate extremely high levels of stress. The counselor needs to explore further with the client.
	2-3 times a week	A score of four indicates that this individual may require medical examination to investigate physical causes of the body aches. The body aches could also indicate very high levels of stress. The counselor needs to explore further with the client.
	Once a week	A score of three indicates that this individual may require medical examination to investigate physical causes of the body aches. The body aches could also indicate high levels of stress. The counselor needs to explore further with the client.
	2-3 times a month	A score of two indicates that this individual may require medical examination to investigate physical causes of the body aches. The body aches could also indicate moderately high levels of stress. The counselor needs to explore further with the client.
	Once a month	A score of one indicates that this individual may require medical examination to investigate physical causes of the body aches. The body aches could also indicate minimal levels of stress.
	Almost never	A score of zero indicates that the individual may not be stressed, or his/her stress is not manifesting in the form of body aches.
Fatigue	Almost every day	A score of five indicates that this individual may require medical examination to investigate physical causes of the fatigue. The fatigue could also indicate extremely high levels of stress. The counselor needs to explore further with the client.
	2-3 times a week	A score of four indicates that this individual may require medical examination to investigate physical causes of the fatigue. The fatigue could also indicate very high levels of stress. The counselor needs to explore further with the client.
	Once a week	A score of three indicates that this individual may require medical examination to investigate physical causes of the fatigue. The fatigue could also indicate high levels of stress.
	2-3 times a month	A score of two indicates that this individual may require medical examination to investigate physical causes of the fatigue. The fatigue could also indicate moderately high levels of stress. The counselor needs to explore further with the client.
	Once a month	A score of one indicates that this individual may require medical examination to investigate physical causes of the fatigue. The fatigue could also indicate minimal levels of stress.
	Almost never	A score of zero indicates that the individual may not be stress, or his/her stress is not manifesting in the form of fatigue.
Anxiety, feeling of panic, fear, uneasiness, shortness of breath, numbness, or tingling in the hands and/feet (look out for expression of feelings of irrational fear of people, events, experiences)	Almost every day	A score of five indicates that this individual may have extremely high levels of stress which manifest in the form of anxiety, worry and phobia.
	2-3 times a week	A score of four indicates that this individual may have very high levels of stress which manifest in the form of anxiety, worry and phobia. The counselor needs to explore further with the client.
	Once a week	A score of three indicates that this individual may have high levels of stress which manifest in the form of anxiety, worry and phobia. The counselor needs to explore further with the client.
	2-3 times a month	A score of two indicates that this individual may have moderate levels of stress which manifest in the form of anxiety, worry and phobia. The counselor needs to explore further with the client.
	Once a month	A score of one indicates that this individual may have minimal levels of stress which manifest in the form of anxiety, worry and phobia.
	Almost never	A score of zero indicates that the individual may not be stressed, or his/her stress is not manifesting in the form of anxiety, worry and phobia.

Difficulty falling or staying asleep (insomnia) Excessive sleeping during the day (hypersomnia)	Almost every day	A score of five indicates that this individual may have extremely high levels of stress which manifest in the form of insomnia. The counselor needs to explore further with the client.
	2-3 times a week	A score of four indicates that this individual may have very high levels of stress which manifest in the form of insomnia. The counselor needs to explore further with the client.
	Once a week	A score of three indicates that this individual may have high levels of stress which manifest in the form of insomnia. The counselor needs to explore further with the client.
	2-3 times a month	A score of two indicates that this individual may have moderate levels of stress which manifest in the form of insomnia. The counselor needs to explore further with the client.
	Once a month	A score of one indicates that this individual may have minimal levels of stress which manifest in the form of insomnia.
	Almost never	A score of zero indicates that the individual may not be stressed, or his/her stress is not manifesting in the form of insomnia.
Irritability (Look out for mood swings, and irrational reactions to minor interruptions)	Almost every day	A score of five indicates that this individual may have extremely high levels of stress which manifest in the form of irritability. The counselor needs to explore further with the client.
	2-3 times a week	A score of four indicates that this individual may have very high levels of stress which manifest in the form of irritability. The counselor needs to explore further with the client.
	Once a week	A score of three indicates that this individual may have high levels of stress which manifest in the form of irritability. The counselor needs to explore further with the client.
	2-3 times a month	A score of two indicates that this individual may have moderate levels of stress which manifest in the form of irritability.
	Once a month	A score of one indicates that this individual may have minimal levels of stress which manifest in the form of irritability.
	Almost never	A score of zero indicates that the individual may not be stressed, or his/her stress is not manifesting in the form of irritability.
Bouts of anger/hostility	Almost every day	A score of five indicates that this individual may have extremely high levels of stress which manifest in the form of anger/hostility.
	2-3 times a week	A score of four indicates that this individual may have very high levels of stress which manifest in the form of anger/hostility.
	Once a week	A score of three indicates that this individual may have high levels of stress which manifest in the form of anger/hostility.
	2-3 times a month	A score of two indicates that this individual may have moderate levels of stress which manifest in the form of anger/hostility.
	Once a month	A score of one indicates that this individual may have minimal levels of stress which manifest in the form of anger/hostility.
	Almost never	A score of zero indicates that the individual may not be stressed, or his/her stress is not manifesting in the form of anger/hostility.
Depression (look out for expression of the feeling of worthlessness, hopelessness, boredom, feeling sad most of the time and lack of enthusiasm for anything or anyone)	Almost every day	A score of five indicates that this individual may have extremely high levels of stress which manifest in the form of depression.
	2-3 times a week	A score of four indicates that this individual may have very high levels of stress which manifest in the form of depression.
	Once a week	A score of three indicates that this individual may have high levels of stress which manifest in the form of depression.
	2-3 times a month	A score of two indicates that this individual may have moderate levels of stress which manifest in the form of depression.
	Once a month	A score of one indicates that this individual may have minimal levels of stress which manifest in the form of depression.
	Almost never	A score of zero indicates that the individual may not be stressed, or his/her stress is not manifesting in the form of depression.

Eating too much or too little (Look for number of meals taken in a day. Watch out for over snacking in between meals, skipping of meals or unusually small or large food portions)	Almost every day	A score of five indicates that this individual may require medical examination to investigate physical causes of their eating habits. The eating habits could also indicate extremely high levels of stress.
	2-3 times a week	A score of four indicates that this individual may require medical examination to investigate physical causes of the eating habits. The eating habits could also indicate very high levels of stress.
	Once a week	A score of three indicates that the eating habits are because of high levels of stress.
	2-3 times a month	A score of two indicates that the eating habits are because of moderately high levels of stress.
	Once a month	A score of one may indicate minimal levels of stress.
	Almost never	A score of zero indicates that the individual may not be stressed, or his/her stress does not affect their eating habits.
Diarrhea, gas, constipation	Almost every day	A score of five indicates that this individual may require medical examination to investigate physical causes of the stomach upsets. The stomach upsets could also indicate extremely high levels of stress.
	2-3 times a week	A score of four indicates that this individual may require medical examination to investigate physical causes of the stomach upsets. The stomach upsets could also indicate very high levels of stress.
	Once a week	A score of three indicates that this individual may require medical examination to investigate physical causes of the stomach upsets. The stomach upsets could also indicate high levels of stress.
	2-3 times a month	A score of two indicates that this individual may require medical examination to investigate physical causes of the stomach upsets. The stomach upsets could also indicate moderately high levels of stress.
	Once a month	A score of one indicates that this individual may require medical examination to investigate physical causes of the stomach upsets. The stomach upsets could also indicate minimal levels of stress.
	Almost never	A score of zero indicates that the individual may not be stress, or his/her stress is not manifesting in the form of stomach upsets.
11. Restlessness	Almost every day	A score of five indicates that this individual may require medical examination to investigate physical causes of the restlessness. There is also need to rule out restlessness caused by problematic substance use. The restlessness could also indicate extremely high levels of stress.
	2-3 times a week	A score of four indicates that this individual may require medical examination to investigate physical causes of the restlessness. There is also need to rule out restlessness caused by problematic substance use. The headaches could also indicate very high levels of stress.
	Once a week	A score of three indicates that this individual may require medical examination to investigate physical causes of the restlessness. There is also need to rule out restlessness caused by problematic substance use. The headaches could also indicate high levels of stress.
	2-3 times a month	A score of two indicates that this individual may require medical examination to investigate physical causes of the restlessness. There is also need to rule out restlessness caused by problematic substance use. The headaches could also indicate moderately levels of stress.
	Once a month	A score of one indicates that this individual may require medical examination to investigate physical causes of the restlessness. The restlessness could also indicate minimal levels of stress.
	Almost never	A score of zero indicates that the individual may not be stressed, or his/her stress is not manifesting in the form of restlessness.

Panic attacks. (Racing heart, chest pain, sweaty or chills, breathing difficulty and feeling a loss of control.)	Almost every day	A score of five indicates that this individual may extremely high levels of stress that manifest in the form of panic attacks.
	2-3 times a week	A score of four indicates that this individual may have very high levels of stress that manifest in the form of panic attacks.
	Once a week	A score of three indicates that this individual may have high levels of stress that manifest in the form of panic attacks.
	2-3 times a month	A score of two indicates that this individual may have moderately high levels of stress that manifest in the form of panic attacks.
	Once a month	A score of one indicates that this individual may have minimal levels of stress that manifest in the form of panic attacks.
	Almost never	A score of zero indicates that this individual may not suffering from stress, or that their stress does not manifest in the form of panic attacks.
Drastic change in libido levels (Higher than normal libido or reduced libido levels)	Almost every day	A score of five indicates that this individual may extremely high levels of stress that manifest in the form of increased or reduced libido.
	2-3 times a week	A score of four indicates that this individual may have very high levels of stress that manifest in the form of increased or reduced libido.
	Once a week	A score of three indicates that this individual may have high levels of stress that manifest in the form of increased or reduced libido.
	2-3 times a month	A score of two indicates that this individual may have moderately high levels of stress that manifest in the form of increased or reduced libido.
	Once a month	A score of one indicates that this individual may have minimal levels of stress that manifest in the form of increased or reduced libido.
	Almost never	A score of zero indicates that this individual may not suffering from stress, or that their stress does not manifest in the form of increased or reduced libido.
How often do you get the urge to drink alcohol or use recreational drugs? (such as weed, cocaine, shisha, ecstasy)	Every day	A score of five indicates that this individual may extremely high levels of stress that manifest in the form of the desire to take alcohol and use of recreational drugs.
	2-3 times a week	A score of four indicates that this individual may have very high levels of stress that manifest in the form of the desire to take alcohol and use of recreational drugs.
	Once a week	A score of three indicates that this individual may have high levels of stress that manifest in the form of the desire to take alcohol and use of recreational drugs.
	2-3 times a month	A score of two indicates that this individual may have moderately high levels of stress that manifest in the form of the desire to take alcohol and use of recreational drugs.
	Once a month	A score of one indicates that this individual may have minimal levels of stress that manifest in the form of the desire to take alcohol and use of recreational drugs.
	Almost never	A score of zero indicates that this individual may not suffering from stress, or that their stress does not manifest in the form of the desire to take alcohol and use of recreational drugs.

Do your family members or friends complain about your use of alcohol and recreational drugs?	Every day	A score of five indicates that this individual may have extremely high levels of stress that manifest in the form of the desire to take alcohol and use of recreational drugs.
	2-3 times a week	A score of four indicates that this individual may have very high levels of stress that manifest in the form of the desire to take alcohol and use of recreational drugs.
	Once a week	A score of three indicates that this individual may have high levels of stress that manifest in the form of the desire to take alcohol and use of recreational drugs.
	2-3 times a month	A score of two indicates that this individual may have moderately high levels of stress that manifest in the form of the desire to take alcohol and use of recreational drugs.
	Once a month	A score of one indicates that this individual may have minimal levels of stress that manifest in the form of the desire to take alcohol and use of recreational drugs.
	Almost never	A score of zero indicates that this individual may not be suffering from stress, or that their stress does not manifest in the form of the desire to take alcohol and use of recreational drugs.

Perceived Stress Scale

Introduction

This section enables the mental health assessor to measure the clients perceived stress scale, by assessing physical, behavioral and emotional indicators. The mental health assessor shall score the individual items based on the finding provided in column C, titled Finding. Each item has a score based on the frequency of

indicators. At the end of this section, the assessor shall calculate the score to get a general provisional finding as provided in the scoring table below. This will enable the assessor to classify the client as either mildly, moderately or severely stressed.

Overall Scoring

Total Score	Provisional Finding
0-4	Mild stress levels
5-9	Moderate stress levels
10-16	Severe stress levels

Scenario's with scoring

Event	Frequency	C. Finding
In the past one month, how often have you been upset because of something that relates to your sexual orientation?	Never	A score of zero indicates that the individual is comfortable about his/her sexual orientation. This may indicate minimal levels of stress
	Sometimes	A score of one indicates that the individual is relatively comfortable about his/her sexual orientation. This may cause some level of stress
	Always	A score of two indicates that the individual extremely uncomfortable about his/her sexual orientation. This may cause very high levels of stress
In the past one month, how often have you felt out of control regarding issues that relate to your sexual orientation?	Never	A score of zero indicates that the individual is confident about managing issues that relate to his/her sexual orientation. This may indicate minimal levels of stress
	Sometimes	A score of one indicates that the individual is relatively confident about managing issues that relate to his/her she/he may however have some level of stress
	Always	A score of two indicates that the individual not confident at all, about managing issues that relate to his/her sexual orientation. This may cause very high levels of stress
In the past one month, how often have you been unable to handle your personal problems?	Never	A score of zero indicates that the individual feels empowered to handle their personal problems. This may indicate minimal levels of stress
	Sometimes	A score of one indicates that the individual is does not always feel empowered enough to handle their personal problems. This may cause some level of stress
	Always	A score of two indicates that the individual never feels empowered enough to handle their personal problems. This may cause extremely high levels of stress

In the past one month, how often have you felt that things were not going your way?	Never	A score of zero indicates that the individual feels content about his/her life. This may indicate minimal levels of stress
	Sometimes	A score of one indicates that the individual is not always content about his/her life. This may cause some levels of stress
	Always	A score of two indicates that the individual never content about his/her life. This may cause extremely high levels of stress
In the past one month, how often have you felt that you were in control in your life?	Never	A score of zero indicates that the individual feels empowered enough to handle their life issues
	Sometimes	A score of one indicates that the individual feels empowered enough to handle some of their life issues
	Always	A score of two indicates that the individual never feels empowered enough to handle their life issues
In the past one month, how often have you felt that the difficulties were too many to overcome?	Never	A score of zero indicates that the individual feels capable of handling matters concerning their life
	Sometimes	A score of one indicates that the individual feels capable of handling matters concerning their life some of the times
	Always	A score of two indicates that the individual does not feel capable of handling matters concerning their life all of the time
In the past one month how often have you felt like giving up?	Never	A score of zero indicates that the individual is optimistic about his/her life
	Sometimes	A score of one indicates that the individual is optimistic about his/her life some of the times
	Always	A score of two indicates that the individual is not optimistic about his/her life all of the time
In the past one month, have you had suicidal thoughts?	Never	A score of zero indicates that the individual has minimal risks of causing themselves self harm through attempting suicide
	Sometimes	A score of one indicates that the individual has some risks of causing themselves self harm through attempting suicide
	Always	A score of two indicates that the individual at extremely high risk of causing themselves self harm through attempting suicide

Wellness stress test

Introduction

This section enables the mental health assessor to measure the clients wellness scale, by assessing indicators on developmental milestones, ability to cope and their relationship with their significant others. The mental health assessor shall score the individual items based on the findings provided in column C, titled Finding.

Each item has a score based on the frequency of indicators. At the end of this section, the assessor shall calculate the score to get a general provisional finding as provided in the scoring table below. This will enable the assessor to classify the client as either mildly, moderately or severely stressed.

Overall Scoring

Total Score	Provisional Finding
0-20	Above average level of wellness
21-45	Average level of wellness
46-80	Below average level of wellness

Scenario's with scoring

Item	Scoring	Rating
Educational level <ul style="list-style-type: none"> Mildly satisfied Indifferent Mildly disappointed Very disappointed 	Very satisfied	A rating of zero indicates that the individual feels a sense of achievement in his/her education level.
		A rating of one indicates that the individual feels moderately satisfied with his education level. The counselor may choose to explore more with the client on the options available for the client to reach an acceptable level of satisfaction about his/her education level.
		A rating of two indicates that either the individual is disinterested in education or that they are disappointed and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if it is a source of stress.
		A rating of three indicates that the individual is not satisfied with his/her education level. The counselor needs to explore with the client further to establish on the possible options available to the client in relation to advancing their education levels.
		A rating of four indicates that the individual is not happy regarding their educational level. This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, as well as try to establish the options available to the client to advance their educational levels.
Career/business <ul style="list-style-type: none"> Mildly satisfied Indifferent Mildly disappointed Very disappointed 	Very satisfied	A rating of zero indicates that the individual feels a sense of achievement regarding their career or business.
		A rating of one indicates that the individual feels moderately satisfied with the status of his career or business. The counselor may choose to explore more with the client on the options available for the client to reach an acceptable level of satisfaction regarding his/her career or business.
		A rating of two indicates that either the individual is disinterested in career or business or that they are disappointed and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if it is a source of stress and explore career or business options.
		A rating of three indicates that the individual is not satisfied with his/her career or business. The counselor needs to explore with the client further to establish on the possible options available to the client in relation to advancing their career or business.
		A rating of four indicates that the individual is not happy at all regarding their career or business. This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, as well as try to establish the options available to the client to advance their career or business.

Marital status (whether legally acceptable or not) <ul style="list-style-type: none"> • Mildly satisfied • Indifferent • Mildly disappointed • Very disappointed 	Very satisfied	A rating of zero indicates that the individual is comfortable with their marital status.
		A rating of one indicates that the individual feels moderately satisfied with his/her marital status. The counselor may choose to explore more with the client on the options available for the client to achieve satisfaction with his/her marital status.
		A rating of two indicates that either the individual is disinterested in their marital status or that they are disappointed and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if marital status is a source of stress.
		A rating of three indicates that the individual is not satisfied with his/her marital status. The counselor needs to explore with the client further to establish on the possible options available to the client in relation to their marital status.
		A rating of four indicates that the individual is not happy at all regarding their marital status. This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, as well as try to establish the options available to the client to address their marital status.
Romantic Relationship status <ul style="list-style-type: none"> • Mildly satisfied • Indifferent • Mildly disappointed • Very disappointed 	Very satisfied	A rating of zero indicates that the individual satisfied with their relationship status and that this may not be a source of stress to the client.
		A rating of one indicates that the individual feels moderately satisfied with his relationship status. The counselor may choose to explore more with the client on the options available for the client to reach an acceptable level of satisfaction with regard to his/her relationship status.
		A rating of two indicates that either the individual is disinterested in romantic relationships or that they are disappointed and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if the relationship status is a source of stress.
		A rating of three indicates that the individual is not satisfied with his/her relationship status. The counselor needs to explore with the client further to establish on the possible options available to the client in relation to addressing their relationship status.
		A rating of four indicates that the individual is not happy at all regarding their relationship status. This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, as well as try to establish the options available to the client to address their relationship status.
Primary relationship status (with biological family, children or parents) <ul style="list-style-type: none"> • Mildly satisfied • Indifferent • Mildly disappointed • Very disappointed 	Very satisfied	A rating of zero indicates that the individual is comfortable with their primary relationship status.
		A rating of one indicates that the individual feels moderately satisfied with his/her primary relationship status. The counselor may choose to explore more with the client on the options available for the client to reach an acceptable level of satisfaction regarding his/her primary relationship status.
		A rating of two indicates that either the individual is disinterested in their primary relationships or that they are disappointed and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if the primary relationship status is a source of stress.
		A rating of three indicates that the individual is not satisfied with his/her primary relationship status. The counselor needs to explore with the client further to establish on the possible options available to the client in relation to addressing their primary relationship status.
		A rating of four indicates that the individual is not happy at all regarding their primary relationship status. This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, as well as try to establish the options available to the client to address their primary relationship status.

Ability to enjoy healthy leisure activities (The counselor explores on whether the activities are pro-health or destructive to one's health. Destructive leisurely activities include problematic alcohol and substance use and abuse) <ul style="list-style-type: none"> • Mildly satisfied • Indifferent • Mildly disappointed • Very disappointed 	Very satisfied	A rating of zero indicates that the individual can enjoy rejuvenating leisure activities that help him/her to cope with stressful situations. The counselor needs to explore on whether the activities are pro-health or destructive to one's health.
		A rating of one indicates that the individual can enjoy healthy leisurely activities sometimes. The counselor may choose to explore more with the client on the options available for the client to have the ability to regularly enjoy leisure activities.
		A rating of two indicates that either the individual is disinterested in leisure activities or that they are disappointed and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if it is a source of stress to the client.
		A rating of three indicates that the individual is not satisfied with his/her ability to enjoy leisure activities. The counselor needs to explore with the client further to establish on the possible options available to the client in relation to enjoying leisure activities.
		A rating of four indicates that the individual is not happy at all regarding their ability to enjoy leisure activities. This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, as well as try to establish the options available to the client to improve their chances of enjoying leisure activities.
Spirituality and religion <ul style="list-style-type: none"> • Mildly satisfied • Indifferent • Mildly disappointed • Very disappointed 	Very satisfied	A rating of zero indicates that the individual is comfortable with their spirituality.
		A rating of one indicates that the individual feels moderately satisfied with his/her spirituality. The counselor may choose to explore more with the client on the options available for the client to reach an acceptable level of satisfaction with his/her spirituality.
		A rating of two indicates that either the individual is disinterested in his/her spirituality or that they are disappointed and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if it is a source of stress.
		A rating of three indicates that the individual is not satisfied with his/her spirituality. The counselor needs to explore with the client further to establish on the possible options available to the client in relation to their spirituality.
		A rating of four indicates that the individual is not happy at all regarding their spirituality. This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, as well as try to establish the options available to the client to address their spirituality.
Level of self esteem <ul style="list-style-type: none"> • Mildly satisfied • Indifferent • Mildly disappointed • Very disappointed 	Very satisfied	A rating of zero indicates that the individual feels a sense of achievement in relation to their self-esteem.
		A rating of one indicates that the individual feels moderately satisfied with his/her self-esteem. The counselor may choose to explore more with the client on the options available for the client to reach an acceptable level of satisfaction regarding his/her self-esteem.
		A rating of two indicates that either the individual is disinterested in having a healthy self-esteem or that they are disappointed and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if it is a source of stress.
		A rating of three indicates that the individual is not satisfied with his/her level of self-esteem. The counselor needs to explore with the client further to establish on the possible options available to the client in relation to addressing his/her self esteem
		A rating of four indicates that the individual is not happy at all regarding their level of self-esteem. This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, as well as try to establish the options available to the client to address their level of self-esteem.

Sex life <ul style="list-style-type: none"> • Mildly satisfied • Indifferent • Mildly disappointed • Very disappointed 	Very satisfied	A rating of zero indicates that the individual is comfortable with their sex life.
		A rating of one indicates that the individual feels moderately satisfied with his/her sex life. The counselor may choose to explore more with the client on the options available for the client to reach an acceptable level of satisfaction with their sex life.
		A rating of two indicates that either the individual is disinterested in their sex life or that they are disappointed and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if it is a source of stress as well as the options that the client has to address his/her sex life.
		A rating of three indicates that the individual is not satisfied with his/her sex life. The counselor needs to explore with the client further to establish on the possible options available to the client in relation to addressing their sex life.
		A rating of four indicates that the individual is not happy at all regarding their sex life. This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, as well as try to establish the options available to the client to address their sex life.
Ability to influence significant others (family, partner, sexual and gender minority community) <ul style="list-style-type: none"> • Mildly satisfied • Indifferent • Mildly disappointed • Very disappointed 	Very satisfied	A rating of zero indicates that the individual feels empowered enough to influence significant others. This gives them a sense of being accepted and respected.
		A rating of one indicates that the individual feels moderately satisfied with his/her ability to influence significant others. The counselor may choose to explore more with the client on the options available for the client to reach an acceptable level of satisfaction regarding his/her ability to influence significant others so that they can feel more accepted and respected.
		A rating of two indicates that either the individual is disinterested in influencing significant others or that they are disappointed and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if it is a source of stress.
		A rating of three indicates that the individual is not satisfied with his/her ability to influence significant others. This may make them feel unaccepted and disrespected. The counselor needs to explore with the client further to establish on the possible options available to the client in relation to their ability to influence significant others.
		A rating of four indicates that the individual is not happy at all regarding their ability to influence significant others. This may make them feel unaccepted and disrespected. This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, as well as try to establish the options available to the client to advance their educational levels.
Perception of your body, how it looks and performs <ul style="list-style-type: none"> • Mildly satisfied • Indifferent • Mildly disappointed • Very disappointed 	Very satisfied	A rating of zero indicates that the individual is satisfied with their body and that they don't have any negative body image issues.
		A rating of one indicates that the individual is uncomfortable with his/her body sometimes. The counselor may choose to explore more with the client on the options available for the client to reach an acceptable level of satisfaction with their body as well as explore the existing body image issues.
		A rating of two indicates that either the individual is disinterested in their body or that they are disappointed and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if the client has body image issues that are a source of stress.
		A rating of three indicates that the individual is not satisfied with his/her body and/or body image. The counselor needs to explore with the client further to establish on the possible options available to the client in relation to their body image.
		A rating of four indicates that the individual is not happy at all regarding their body and/or body image. This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, as well as try to establish the options available to the client to address their body and/or body image issues.

Acquisition of Life skills <ul style="list-style-type: none"> • Mildly satisfied • Indifferent • Mildly disappointed • Very disappointed 	Very satisfied	A rating of zero indicates that the individual feels adequately empowered with life skills.
		A rating of one indicates that the individual feels moderately empowered with life skills. The counselor may choose to explore more with the client on the options available for the client to acquire additional life skills.
		A rating of two indicates that either the individual is disinterested in acquiring life skills or that they are disappointed and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if it is a source of stress as well as the options available to the client regarding acquiring life skills.
		A rating of three indicates that the individual is not satisfied with life skills. The counselor needs to explore with the client further to establish on the possible options available to the client in relation to acquiring life skills.
		A rating of four indicates that the individual is not happy at all regarding their acquisition of life skills. This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, as well as try to establish the options available to the client with relation to acquiring life skills.
Stress management techniques <ul style="list-style-type: none"> • Mildly satisfied • Indifferent • Mildly disappointed • Very disappointed 	Very satisfied	A rating of zero indicates that the individual feels adequately empowered to manage stress through personalized stress management techniques.
		A rating of one indicates that the individual feels moderately satisfied with his/her ability to manage stress. The counselor may choose to explore more with the client on the options available for the client to reach an acceptable level of satisfaction regarding acquiring and practicing stress management techniques.
		A rating of two indicates that either the individual is disinterested in stress management or that they feel very helpless and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if it is a source of stress as well as the options available to the client with regards to identifying stress management techniques.
		A rating of three indicates that the individual is not satisfied with his/her ability to manage stress. The counselor needs to explore with the client further to establish on the possible options available to the client in relation to acquiring and practicing stress management techniques.
		A rating of four indicates that the individual feels helpless and/or may not have any stress management techniques/ This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, as well as try to establish the options available to the client to acquire and practice stress management techniques.
Ability to cope and recover from life's disappointments <ul style="list-style-type: none"> • Mildly satisfied • Indifferent • Mildly disappointed • Very disappointed 	Very satisfied	A rating of zero indicates that the individual feels a sense of empowerment regarding his/her ability to cope with and recover from life's disappointments.
		A rating of one indicates that the individual feels a sense of empowerment regarding his/her ability to cope with and recover from life's disappointments sometimes. The counselor may choose to explore more with the client on the options available for the client to reach an acceptable level of satisfaction regarding his/her life coping skills.
		A rating of two indicates that either the individual is disinterested in coping and recovering from life's disappointment, or that they feel helpless and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if and how this issue results in stress.
		A rating of three indicates that the individual is not satisfied with his/her life coping skills. The counselor needs to explore with the client further to establish on the possible options available to the client in relation to advancing his/her life coping skills.
		A rating of four indicates that the individual is not happy at all regarding their life coping skills. This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, as well as try to establish the options available to the client to advance his/her life coping skills.

Rate of personal development and growth <ul style="list-style-type: none"> • Mildly satisfied • Indifferent • Mildly disappointed • Very disappointed 	Very satisfied	A rating of zero indicates that the individual feels a sense of achievement regarding personal development and growth.
		A rating of one indicates that the individual feels moderately satisfied with his/her rate of personal development and growth. The counselor may choose to explore more with the client on the options available for the client to reach an acceptable level of satisfaction regarding his/her rate of personal development and growth.
		A rating of two indicates that either the individual is disinterested in personal development and growth or that they are disappointed and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if it is a source of stress as well as look into options available to the client to enable him/her to pursue personal development and growth activities.
		A rating of three indicates that the individual is not satisfied with his/her level of personal development and growth. The counselor needs to explore with the client further to establish on the possible options available to the client in relation to advancing personal development and growth activities.
		A rating of four indicates that the individual is not happy at all regarding their level of personal development and growth. This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, as well as try to establish the options available to the client to work towards engaging in activities that lead to personal development and growth.
Achievement of balance in your life <ul style="list-style-type: none"> • Mildly satisfied • Indifferent • Mildly disappointed • Very disappointed 	Very satisfied	A rating of zero indicates that the individual feels a sense of balance regarding all areas in his life, including physical, emotional, spiritual, financial, and social aspects.
		A rating of one indicates that the individual feels moderately satisfied with the level of balance in his/her life. The counselor may choose to explore more with the client on the options available for the client to reach an acceptable level of satisfaction with regard to achievement of balance in their life with relation to physical, emotional, spiritual, financial, and social aspects.
		A rating of two indicates that either the individual is disinterested in achieving balance in their life or that they are disappointed and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if it is a source of stress, as well as the possible options available to the client to enable them to achieve balance in their life.
		A rating of three indicates that the individual is not satisfied with his/her achievement of balance in their life. The counselor needs to explore with the client further to establish on the possible options available to the client in relation to achieving balance in their life, regarding physical, emotional, spiritual, financial, and social aspects.
		A rating of four indicates that the individual is not happy at all regarding the achievement of balance in their life. This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, as well as try to establish the options available to the client to achieving balance in relation to physical, emotional, spiritual, financial, and social aspects.
Playing a significant role in your immediate social circles (family, friends and colleagues) <ul style="list-style-type: none"> • Mildly satisfied • Indifferent • Mildly disappointed • Very disappointed 	Very satisfied	A rating of zero indicates that the individual feels that the roles they play within their immediate social circles is sufficient for them not to feel inadequate or isolated.
		A rating of one indicates that the individual feels moderately satisfied the roles they play within their immediate social circles. The counselor may choose to explore more with the client on the options available for the client to reach an acceptable level of satisfaction regarding the roles they play in their immediate social circles.
		A rating of two indicates that either the individual is disinterested in their immediate social circles or that they feel alienated and inadequate and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if it is a source of stress as well as identify possible options available to the client to enable them to be more in touch with their immediate social circles.
		A rating of three indicates that the individual is not satisfied with the roles they play within their immediate social circles. The counselor needs to explore with the client further to establish on the possible options available to the client in relation to advancing their involvement with their immediate social circles.
		A rating of four indicates that the individual is not happy at all regarding the roles they play within their immediate social circles. This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, as well as try to establish the options available to the client to advance improve the significance of their interaction with their immediate social circles.

Social support system (family, friends, partner, organizational) <ul style="list-style-type: none"> • Mildly satisfied • Indifferent • Mildly disappointed • Very disappointed 	Very satisfied	A rating of zero indicates that the individual feels sufficiently supported by his/her social support system, meaning their family and friends. This may not be a source of stress.
		A rating of one indicates that the individual feels moderately satisfied with the level of social support they receive from their family and friends. The counselor may choose to explore more with the client on the options available for the client to reach an acceptable level of satisfaction regarding the social support they get from their family and friends.
		A rating of two indicates that either the individual is disinterested in receiving social support from their family and friends or that they are disappointed and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if it is a source of stress as well as identify the options available to the client.
		A rating of three indicates that the individual is not satisfied with the level of support they receive from their social support system. The counselor needs to explore with the client further to establish on the possible options available to the client in relation to getting more social support from significant others.
		A rating of four indicates that the individual is not not happy at all regarding the level of social support they get from their significant others. This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, as well as try to establish the options available to the client regarding getting more social support from significant others.
Emotional acceptance regarding your sexual orientation <ul style="list-style-type: none"> • Mildly satisfied • Indifferent • Mildly disappointed • Very disappointed 	Very satisfied	A rating of zero indicates that the individual is comfortable with his sexual orientation.
		A rating of one indicates that the individual is not always comfortable with his/her sexual orientation. The counselor may choose to explore more with the client on the options available for the client to reach an acceptable level of emotional acceptance of his/her sexual orientation.
		A rating of two indicates that either the individual is disinterested acknowledging their feelings regarding their sexual orientation and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if it is a source of stress.
		A rating of three indicates that the individual is not satisfied with his/her sexual orientation. The counselor needs to explore with the client further to establish the exact emotional situation of the client regarding their sexuality, as well as on the possible options available to the client in relation to achieving a healthy level of emotional state, regarding their sexual orientation.
		A rating of four indicates that the individual is not happy at all regarding their sexual orientation. This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, to establish their emotional state regarding their sexual orientation, as well as try to establish the options available to the client to enable him/her to achieve a healthy level of emotional state, regarding their sexual orientation.
Ability to access basic social and health related services <ul style="list-style-type: none"> • Mildly satisfied • Indifferent • Mildly disappointed • Very disappointed 	Very satisfied	A rating of zero indicates that the individual feels that they can easily access basic social and health related services that are also available to the general population.
		A rating of one indicates that the individual feels they can access basic social and health related services most of the time. The counselor may choose to explore more with the client on the options available for the client to reach an acceptable level of satisfaction regarding access to basic social and health related services.
		A rating of two indicates that either the individual is disinterested in accessing mainstream basic social and health related services or that they are disappointed and do not know how to go about it, therefore they choose indifference as a way to mitigate against negative feelings. The counselor needs to explore this to establish if it is a source of stress.
		A rating of three indicates that the individual is not satisfied with his/her ability to access basic social and health related service. The counselor needs to explore with the client further to establish on the possible options available to the client in relation to facilitate access to basic social and health related services.
		A rating of four indicates that the individual is not happy at all regarding their ability to access basic social and health related services. This may be a source of stress for the client. The counselor needs to explore more on this issue with the client, as well as try to establish the options available to the client to access basic social and health related services.

Stress Coping Resources Inventory

Introduction

This section enables the mental health assessor to measure the client's ability to cope with every day stressors, by assessing indicators on their attitude and behavior. The mental health assessor shall score the individual items based on the findings provided in the third column, entitled Finding. Each item has a score based

on the frequency of indicators. At the end of this section, the assessor shall calculate the score to get a general provisional finding as provided in the scoring table below. This will enable to assessor to classify the client as either mildly, moderately or severely stressed.

Overall Scoring

Total Score	Provisional Finding
0-16	Above average stress coping skills
17-30	Average stress coping skills
31-48	Below average stress coping skills

Scoring scale is 0 – 3 based on the findings column

1. How frequently do you exercise?

		Finding
a	Three to seven times a week	A score of zero indicates that the client exercises regularly enough to gain the physical and mental benefits. This could enable them to attain better physical and mental health
b	Once or twice a week	A score of one indicates that the client exercise regularly but there is room for improvement
c	Once or twice a month	A score of two indicates that the client exercises a little, but not enough to gain the benefits. This could negatively impact on his/her physical and mental health.
d	Never	A score of three indicates that the client leads a sedentary lifestyle that could negatively impact on his/her physical and mental health. Sedentary lifestyles have been linked to non-communicable diseases such as obesity, hypertension and diabetes

2. How often do you get a restful night's sleep?

a	Daily or more often	A score of zero indicates that the client can get enough rest frequently enough to get the physical and mental health benefits associated with it
b	Once or twice a week	A score of one indicates that the client is not able to get adequate rest to get the physical and mental health benefits
c	Once or twice a month	A score of two indicates that the client is not able to get adequate rest to get the physical and mental health benefits. Their physical and mental health is at risk
d	Never	A score of three indicates that client is never able to get adequate rest and their physical and mental health is at risk

3. To what extent is your energy sufficient for your work and daily activities?

a	To a very great extent	A score of zero indicates that the client can attend to their everyday responsibilities which may indicate healthy physical and mental state
b	To some extent	A score of one indicates that the client can attend to their every day responsibilities some of the time, which may indicate moderate healthy physical and mental state
c	To a little extent	A score of two indicates that the client is not able to attend to their every day responsibilities most of the time. This may indicate unhealthy physical and mental health state
d	To very little extent	A score of three indicates that the client is never able to attend to their every day responsibilities. This may indicate unhealthy physical and mental health state

4. How closely does your weight approach the ideal level?

a	My weight is at the ideal level	A score of zero indicates that the client is not struggling with weight issues, which may indicate healthy eating habits and healthy physical and mental health state
b	My weight is close to the ideal level	A score of one indicates that the client has minimal weight issues, which may indicate close to healthy eating habit and physical and mental health state
c	My weight is not close to the ideal level	A score of two indicates that the client has some significant weight issues which may indicate unhealthy eating habits as well as physical and mental health challenges
d	I am dangerously overweight/underweight	A score of two indicates that the client has serious weight issues which may indicate unhealthy eating habits as well as physical and mental health challenges

5. To what extent do you eat a nutritious diet?

a	To a very great extent	A score of zero indicates that the client practices healthy nutritional habits
b	To some extent	A score of one indicates that the client practices healthy nutritional habits some of the time
c	To a little extent	A score of two indicates that the client does not practice health nutritional habits most of the time which could impact negatively on his physical and mental health
d	To very little extent	A score of three indicates that the client hardly ever practices healthy nutritional habits which could impact negatively on his physical and mental health

6. Which of the following best describes your use of tobacco?

a	I don't use or chew tobacco	A score of zero indicates that the client is not at risk of the negative impact of the use of tobacco
b	I have used tobacco in the past (more than one year ago)	A score of one indicates that the client has minimized risk of the negative impact of the use of tobacco
c	I have not used tobacco in the past one year	A score of two indicates that the client has some risk of developing the negative impact of the use of tobacco
d	I currently chew/smoke tobacco	A score of three indicates that the client has considerable risk of developing the negative impact of the use of tobacco

7. Which of the following best describes your use of alcohol?

a	I have never used alcohol	A score of zero indicates that the client is not at risk of the negative impact of the use of alcohol
b	I abuse alcohol only occasionally (once a month or less, two units or less of alcohol)	A score of one indicates that the client has minimized risk of the negative impact of the use of alcohol
c	I have abused alcohol in the past (more than six months ago)	A score of two indicates that the client has some risk of developing the negative impact of the use of alcohol
d	I am currently abusing alcohol (more than fourteen units a day)	A score of three indicates that the client has considerable risk of developing the negative impact of the use of alcohol

8. How confident are you of being able to control your emotions in stressful situations?

a	I never let emotions run my life	A score of zero indicates that the client has high emotional intelligence. This may indicate a healthy mental health state
b	I seldom let emotions run my life	A score of one indicates the client has above average emotional intelligence. This may indicate a relatively healthy mental health state
c	I sometimes let emotions affect my life	A score of two indicates the client sometimes over reacts to situations though emotional outburst. This may indicate an unhealthy mental health state
d	I often let emotions affect my life	A score of three indicates the client is not in control of their emotions and always experiences emotional outbursts. This indicates unhealthy mental health state

9. When things are not going well, how likely are you to view the situation as being temporary rather than permanent?

a	Very likely	A score of zero indicates that the client can put disappointments within reasonable context without allowing them to significantly affect other areas of his/her life
b	Likely	A score of one indicates that the client is sometimes able to put disappointment within reasonable context without allowing them to significantly affect other areas of his/her life. The counselor needs to explore for options available to the client to enable them to address reactions to life's disappointments
c	Unlikely	A score of two indicates that the client is not often able to put disappointment within reasonable context without allowing them to significantly affect other areas of his/her life. The counselor needs to explore for options available to the client to enable them to address reactions to life's disappointments
d	Very unlikely	A score of three indicates that the client is usually overwhelmed by disappointments and may allow these disappointments to significantly affect other areas of his/her life. The counselor needs to explore for options available to the client to enable them to address reactions to life's disappointments

10. Which of the following course of action are you most likely to take when you have become thoroughly frustrated?

a	Identify an alternative goal and pursue it	A score of zero indicates that the client has life coping skills that enable them to manage frustrations
b	Pursue a relaxing activity	A score of one indicates that the client has some life coping skills that enable them to manage some of their frustrations. The counselor needs to explore more on the options available to the client to enable them cope better with life's frustrations
c	Withdraw and feel sorry for yourself	A score of two indicates that the client does not have the necessary life coping skills that enable them to overcome challenges. The counselor needs to explore more on the options available to the client to enable them cope better with life's Challenges
d	Vent your frustration on someone weaker than you	A score of three indicates that the client does not have the necessary life coping skills that enable them to manage life's challenges. The client may react negatively to life's challenges in a way that affects relationships in their life, for instance when they vent their frustrations on someone weaker. The counselor needs to explore more on the options available to the client to enable them cope better with life's challenges

11. When an unexpected event happens to you, how likely are you to actively seek information about the event and how to cope with it?

a	Very likely	A score of zero indicates that the client can take appropriate objective action when faced with unexpected events
b	Likely	A score of one indicates that the client can take appropriate objective action some of the time when faced with unexpected events
c	Unlikely	A score of two indicates that the client is not able to take appropriate objective action most of the time when faced with unexpected events. The counselor needs to explore with the client on the options available on how to objectively go about handling unexpected events
d	Very unlikely	A score of three indicates that the client is unable to take appropriate objective action when faced with unexpected events. The counselor needs to explore with the client on the options available on how to objectively go about handling unexpected events

12. How much decision-making power do you have in your personal life?

a	I am responsible for my own personal decisions all of the time	A score of zero indicates that the client takes personal responsibility for their decisions
b	I am responsible for my own personal decisions most of the time	A score of one indicates that the client does not always take personal responsibility for their own decisions. The counselor needs to explore more with the client on how the client can take greater responsibility for their life
c	I am responsible for my own personal decisions some of the time	A score of two indicates that sometimes, the client is not able to take personal responsibility for their own decisions. The counselor needs to explore more with the client on how the client can take greater responsibility for their life
d	Someone else makes the decisions on my behalf	A score of three indicates that the client is never able to take personal responsibility for their own decisions. The counselor needs to explore more with the client on how the client can take greater responsibility for their life

13. How easily do you make friends in a strange situation?

a	Very easily	A score of zero indicates that the client is comfortable about themselves and their ability to connect with others even in unfamiliar situations
b	Easily	A score of one indicates that the client is relatively comfortable about themselves and their ability to connect with others even in unfamiliar situations. The counselor needs to explore on the options available to the clients to enable them to be able to connect with others
c	Uneasily	A score of two indicates that the client is often not comfortable about themselves and their ability to connect with others even in unfamiliar situations. The counselor needs to explore on the options available to the clients to enable them to be able to connect with others
d	Very uneasily	A score of three indicates that the client is not comfortable about themselves and their ability to connect with others even in unfamiliar situations. The counselor needs to explore on the options available to the clients to enable them to be able to connect with others

14. When highly stressed, are you likely to ask for help?

a	Very likely	A score of zero indicates that the client has the social skills and mental aptitude to enable them to reach out for help when necessary
b	Likely	A score of one indicates that the client has the social skills and mental aptitude to enable them to sometimes reach out for help when necessary. The counselor needs to explore further with the client on the options available for them to be able to reach out for support when necessary,
c	Unlikely	A score of two indicates that the client does not have the social skills and mental aptitude to enable them to reach out for help when necessary. The counselor needs to explore further with the client on the options available for them to be able to reach out for support when necessary,
d	Very unlikely	A score of three indicates that the client does not have the social skills and mental aptitude to enable them to reach out for help when necessary. The counselor needs to explore further with the client on the options available for them to be able to reach out for support when necessary,

15. How likely are you to see others as friendly, honest and cooperative?

a	Very likely	A score of zero indicates that the client has high levels of trust on other people, with lower chances of being isolated or being engaged in abrasive relationships
b	Likely	A score of one indicates that the client has relatively high levels of trust in other people with lower chances of being isolated or being engaged in abrasive relationships.
c	Unlikely	A score of two indicates that the client has low levels of trust in other people with higher chances of being isolated or being engaged in abrasive relationships. The counselor needs to explore this as a source of stress as well as look into the options available to the client to address the issues arising
d	Very unlikely	A score of three indicates that the client has very low levels of trust in other people with very high chances of being isolated or being engaged in abrasive relationships. The counselor needs to explore this as a source of stress as well as look into the options available to the client to address the issues arising

16. To what extent do you believe that your life has purpose?

a	To a very great extent	A score of zero is a positive indicator that the client has hope in life and lives their life in a purposeful way
b	To some extent	A score of one is an indicator that the client has hope in life ant their life is purposeful. The counselor needs to explore more with the client on the options available to the client to arrive at a definite definition of the client's purpose as well as activities or events that are aligned to the purpose
c	To little extent	A score of two is an indicator that the client a little hope in life and their life is minimally purposeful. The counselor needs to explore more with the client on the options available to the client to arrive at a definite definition of the client's purpose as well as activities or events that are aligned to the purpose
d	To very little extent	A score of three is an indicator that the client almost no hope in life ant their life is hardly ever purposeful. The counselor needs to explore more with the client on the options available to the client to arrive at a definite definition of the client's purpose as well as activities or events that are aligned to the purpose

Stigma and Discrimination

Introduction

This section enables the mental health assessor to explore the client's experiences with regard to stigma and discrimination by assessing indicators on their attitude and relationships with significant other persons in their lives. The focus is on sexual orientation. The mental health assessor shall score the individual items based on the findings provided in column C, titled Finding.

Each item has a score based on the frequency of indicators. At the end of this section, the assessor shall calculate the score to get a general provisional finding as provided in the scoring table below. This will enable the assessor to classify the client as either mildly, moderately or severely stressed.

Overall Scoring

Total Score	Provisional Finding
0-8	Minimal levels of stigma and discrimination
9-19	Moderate levels of stigma and discrimination
20-30	Severe levels of stigma and discrimination

A. Items	B. Frequency	C. Finding
I am comfortable with my sexual orientation and gender identity	Strongly Disagree	A score of three indicates that the client may be having high levels of stress caused by the inability to accept their sexual orientation and gender identity. There is need to explore the feelings and issues arising from this.
	Disagree	A score of two indicates that the client may be having stress caused by the inability to accept their sexual orientation and gender identity. There is need to explore the feelings and issues arising from this.
	Agree	A score of one indicates that the client may be having minimal levels of stress in relation to their sexuality. There is need to explore the feelings and issues arising from this.
	Strongly agree	A score of zero indicates that the client is comfortable their sexual orientation and this may not be a source of stress
My sexual orientation and gender identity does not limit my potential	Strongly Disagree	A score of three indicates that the client may be having high levels of stress caused by the belief that a particular sexual orientation is disempowering. There is need to explore the feelings and issues arising from this.
	Disagree	A score of two indicates that the client may be having stress caused by the belief that a particular sexual orientation is disempowering. There is need to explore the feelings and issues arising from this.
	Agree	A score of one indicates that the client may be having minimal levels of stress in relation to the belief that a particular sexual orientation is disempowering. There is need to explore the feelings and issues arising from this.
	Strongly agree	A score of zero indicates that the client is comfortable their sexual orientation and this does not stop them from pursuing their potential

I am not anxious and worried about what others think about my sexual orientation and gender identity	Strongly Disagree	A score of three indicates that the client is very sensitive to what other people think about his/her sexual orientation. This could be a source of stress. There is need to explore the feelings and issues arising from this
	Disagree	A score of two indicates that the client is moderately sensitive to what other people think about his/her sexual orientation. This could be a source of stress. There is need to explore the feelings and issues arising from this
	Agree	A score of one indicates that the client is not always bothered about what other people think about his/her sexual orientation. This may not be a source of stress.
	Strongly agree	A score of zero indicates that the client is not bothered at all about what other people think about their sexual orientation
My sexual orientation and gender identity does not affect other areas of my life	Strongly Disagree	A score of three indicates that the client may have anxiety about his/her sexual orientation that negatively impacts on other areas of his/her life. There is need to explore the feeling and issues arising from this
	Disagree	A score of two indicates that the client may have some anxiety about his/her sexual orientation which negatively impacts on other areas of his/her life.
	Agree	A score of one indicates that the client doesn't allow his/her sexual orientation to affect other areas of his/her life
	Strongly agree	A score of zero indicates that the client's sexual orientation does not affect other areas of his/her life
I am comfortable disclosing my sexual orientation and gender identity close family members and selected friends	Strongly Disagree	A score of three indicates that the client is extremely afraid of stigma from the family in relation to disclosing his/her sexual orientation. There is need to explore the feeling and issues arising from this
	Disagree	A score of two indicates that the client is afraid of stigma from the family in relation to disclosing his/her sexual orientation. There is need to explore the feelings and issues arising from this
	Agree	A score of one indicates that the client is not afraid of stigma from the family in relation to disclosing his/her sexual orientation. There is need to explore the feelings and issues arising from this
	Strongly agree	A score of zero indicates that the client is not afraid of stigma related to disclosing his/her sexual orientation
I am comfortable disclosing my sexual orientation and gender identity to anyone	Strongly Disagree	A score of three indicates that the client is extremely afraid of stigma from the public in relation to disclosing his/her sexual orientation. There is need to explore the feeling and issues arising from this
	Disagree	A score of two indicates that the client is afraid of stigma from the public in relation to disclosing his/her sexual orientation. There is need to explore the feelings and issues arising from this
	Agree	A score of one indicates that the client is not afraid of stigma from the public in relation to disclosing his/her sexual orientation. There is need to explore the feelings and issues arising from this
	Strongly agree	A score of zero indicates that the client is not afraid of stigma related to disclosing his/her sexual orientation to the public

I am comfortable disclosing my sexual orientation and gender identity to health service providers (doctors, health practioners)	Strongly Disagree	A score of three indicates that the client is extremely afraid of stigma from service providers in relation to disclosing his/her sexual orientation. There is need to explore the feeling and issues arising from this
	Disagree	A score of two indicates that the client is afraid of stigma from service providers in relation to disclosing his/her sexual orientation. There is need to explore the feelings and issues arising from this
	Agree	A score of one indicates that the client is not afraid of stigma from the service providers in relation to disclosing his/her sexual orientation. There is need to explore the feelings and issues arising from this
	Strongly agree	A score of zero indicates that the client is not afraid of stigma related to disclosing his/her sexual orientation to service providers
I have had positive experiences disclosing my sexual orientation and gender identity to others	Strongly Disagree	A score of three indicates that the client has had to go through stressful experiences after disclosing their sexual orientation. There is need to explore the feelings and issues arising from this
	Disagree	A score of two indicates that the client has had to go through some stressful experiences after disclosing their sexual orientation. There is need to explore the feelings and issues arising from this
	Agree	A score of one indicates that the client has generally not found disclosure to be stressful, except for a few experiences. There is need to explore the feelings and issues arising from this
	Strongly agree	A score of zero indicates that the client has not had any negative experiences related to disclosure of his/her sexual orientation
Knowledge about my sexual orientation and gender identity does not affect how other people relate with me	Strongly Disagree	A score of three indicates that the client has observed a change in the way that people relate to him/her after disclosing his/her sexual orientation. This may be a source of stress to the client. There is need to explore the feelings and issues arising from this
	Disagree	A score of two indicates that the client has observed a change in the way that people relate to him/her after disclosing his/her sexual orientation. This may be a source of stress to the client. There is need to explore the feelings and issues arising from this
	Agree	A score of one indicates that the client has not experienced a change in interaction even after other people learnt about his/her status
	Strongly agree	A score of zero indicates that the client has not experienced a change in interaction even after other people learnt about his/her status
I have not been denied social and health services due to my sexual orientation and gender identity	Strongly Disagree	A score of three indicates that the client has been denied essential health services based on his/her sexual orientation. This could have resulted in stress. There is need to explore the feelings and issues arising from this
	Disagree	A score of two indicates that the client has been denied essential health services based on his/her sexual orientation. This could have resulted in stress. There is need to explore the feelings and issues arising from this
	Agree	A score of one indicates that the client has not been denied essential health services based on his/her sexual orientation.
	Strongly agree	A score of zero indicates that the client has never been denied essential health services based on his/her sexual orientation

Mental Health Assessment Questionnaire

Introduction

This mental health assessment questionnaire has five sections which all enable the mental health provider to measure the clients stress status, perceived stress scale, the wellness stress test, the stress coping mechanisms and the client's experiences on

stigma and discrimination. The tool enables clients and their service providers to measure the mental health status of the client, with a view to mitigate the impact of a negative mental health status.

Bio Data

1. What is your gender identity and expression?
 - Male
 - Female
 - Transgender
 - Intersex
 - GNC
 - Other (please specify) _____
2. Please select your age bracket
 - Below 18 years
 - 18-24 years
 - 25-30 years
 - 31-35 years
 - 36-40 years
 - 41-50 years
 - Over 50 years
3. Where do you live (give town/nearest town and county)
e.g. Kasarani, Nairobi county.

I live in _____ (town) situated in _____ (county)
4. Which of the following best describes your sexual orientation?
 - Lesbian
 - Gay
 - Bisexual
 - Heterosexual
 - Other (Please specify) _____
5. When did you identify your sexual orientation and gender identity? (This is based on your answer to number 4 question)
 - During my childhood- birth-11 years old (when I was old enough to know)
 - During adolescence (12-18 years old)
 - When I became sexually active in adulthood (over 18 years)
 - After heterosexual marriage
 - Other (please define) _____
6. Who have you told about your sexual orientation? (tick all that apply)
 - Nobody
 - LGBTI organizations
 - Service providers (counselors, doctors, religious leader, mentor)
 - Selected family members
 - Selected friends
 - All the people in my immediate social circle (family members, friends and colleagues)
 - Public (wider society)

Stress Status

This section enables the mental health assessor to measure the emotional indicators, the clients' stress status by assessing physical, behavioural and mental health stress indicators.

Indicators of stress

For each of the indicators, choose the frequency that best describes the rate of occurrence

Indicators	Frequency of indicators					
	Almost every day	2-3 times a week	Once a week	2-3 times a month	Once a month	Almost Never
Headache						
Tense muscles, sore neck and back						
Fatigue						
Anxiety, worry and phobia						
Difficulty falling or staying asleep						
Irritability						
Bouts of anger/hostility						
Depression/boredom						
Eating too much or too little						
Diarrhea, gas, constipation						
Restlessness						
Panic attacks						

Perceived Stress Scale

This section enables the mental health assessor to measure the clients stress perceived stress scale, by assessing physical, behavioural and emotional indicators. For each of the questions choose the following alternatives

Event	Never	Sometimes	Often	Always
In the past one month, how often have you been upset because of something that relates to your sexual orientation?				
In the past one month, how often have you felt out of control regarding issues that relate to your sexual orientation?				
In the past one month, how confident have you felt about being able to handle your personal problems?				
In the past one month, how often have you felt that things were going your way?				
In the past one month, how often have you felt that you were in control in your life?				
In the past one month, how often have you felt that the difficulties were too many to overcome?				
In the past one month how often have you felt like giving up?				
In the past one month, have you had suicidal thoughts?				

Wellness stress test

This section enables the mental health assessor to measure the clients' wellness scale, by assessing indicators on developmental milestones, ability to cope and their relationship with significant others.

Rate your satisfaction with each of the following items

	Very Satisfied	Mildly Satisfied	Indifferent	Mildly disappointed	Very disappointed
Educational level					
Career/business					
Marital status					
Relationship status					
Primary relationship status (with family and friends)					
Ability to enjoy leisure activities					
Spirituality					
Level of self esteem					
Sex life					
Ability to influence significant others					
Body, how it looks and performs					
Acquisition of Life skills					
Stress management techniques					
Ability to cope and recover from life's disappointments					
Rate of personal development and growth					
Achievement of balance in your life					
Playing a significant role in your immediate social circles (family, friends and colleagues)					
Social support system					
Emotional acceptance regarding your sexual orientation					
Ability to access basic social and health related services					

Stress coping mechanisms inventory

This section enables the mental health assessor to measure the client's ability to cope with every day stressors, by assessing indicators on their attitude and behavior.

1. How frequently do you moderately exercise?
 - a) Daily or more often
 - b) Once or twice a week
 - c) Once or twice a month
 - d) Never
2. How often do you get a restful night's sleep?
 - a) Almost every night
 - b) Four or five times a week
 - c) Two or three times a week
 - d) Never
3. To what extent is your energy sufficient for your work and daily activities?
 - a) To a very great extent
 - b) To some extent
 - c) To a little extent
 - d) To very little extent
4. How closely does your weight approach the ideal level?
 - a) My weight is at the ideal level
 - b) My weight is close to the ideal level
 - c) My weight is not close to the ideal level
 - d) I am dangerously overweight/underweight
5. To what extent do you eat a nutritious diet?
 - a) To a very great extent
 - b) To some extent
 - c) To a little extent
 - d) To very little extent
6. Which of the following best describes your use of tobacco?
 - a) I don't use or chew tobacco
 - b) I have used tobacco in the past
 - c) I have not used tobacco in the past two years
 - d) I currently chew/smoke tobacco
7. Which of the following best describes your use of alcohol?
 - a) I have never used alcohol
 - b) I abuse alcohol only occasionally (once a month or less)
 - c) I have abused alcohol in the past (more than six months ago)
 - d) I am currently abusing alcohol (more than two units a day)
8. How confident are you of being able to control your emotions in stressful situations?
 - a) I never let emotions run my life
 - b) I seldom let emotions run my life
 - c) I sometimes let emotions run my life
 - d) I often let emotions run my life
9. When things are not going well, how likely are you to view the situation as being temporary rather than permanent?
 - a) Very likely
 - b) Likely
 - c) Unlikely
 - d) Very unlikely
10. Which of the following course of action are you most likely to take when you have become thoroughly frustrated?
 - a) Identify an alternative goal and pursue it
 - b) Pursue a relaxing activity
 - c) Withdraw and feel sorry for yourself
 - d) Vent your frustration on someone weaker than you
11. When an unexpected event happens to you, how likely are you to actively seek information about the event and how to cope with it?
 - a) Very likely
 - b) Likely
 - c) Unlikely
 - d) Very unlikely
12. How much decision-making power do you have in your personal life?
 - a) I am responsible for my own personal decisions all of the time
 - b) I am responsible for my own personal decisions most of the time
 - c) I am responsible for my own personal decisions some of the time
 - d) Someone else makes the decisions on my behalf
13. How easily do you make friends in a strange situation?
 - a) Very easily
 - b) Easily
 - c) Uneasily
 - d) Very uneasily

14. When highly stressed, are you likely to ask for help?

- a) Very likely
- b) Likely
- c) Unlikely
- d) Very unlikely

15. How likely are you to see others as friendly, honest and cooperative?

- a) Highly unlikely

- b) Unlikely
- c) Likely
- d) Highly likely

16. To what extent do you believe that your life has purpose?

- a) To a very great extent
- b) To some extent
- c) To little extent
- d) To very little extent

Stigma and discrimination

This section enables the mental health assessor to explore the clients' experiences with regard to stigma and discrimination by

assessing indicators on their attitude and relationships with significant other persons in their lives.

Please score each element according to your experiences

	Strongly Disagree	Disagree	Agree	Strongly Agree
I am comfortable with my sexual orientation				
My sexual orientation does not limit my potential				
I am not anxious and worried about what others think about my sexual orientation				
My sexual orientation does not affect other areas of my life				
I am comfortable disclosing my sexual orientation close family members				
I am comfortable disclosing my sexual orientation with selected friends				
I am comfortable disclosing my sexual orientation to anyone				
I am comfortable disclosing my sexual orientation with service providers (doctors, counselors)				
I am comfortable disclosing my sexual orientation with colleagues				
I have had positive experiences disclosing my sexual orientation with others				
Knowledge about my sexual orientation does not affect how other people relate with me				
I have not been denied services due to my sexual orientation				

Mental Health Referral & Participating Organizations

Organizations and or Health Facilities in Kenya

<p>Lvct Health Head Office Off Argwings Kodhek Road Youth Hotline: 1190 www.one2one.org P O Box 1983-00200 Nairobi</p>	<p>Ishtar Wellness Centre P O Box 13005 – 00100 Tel 0722203610 Nairobi</p>	<p>Professionals In Pride Kenya –PPK Website: www.ppkenya.org Tel: +254 782 945 252 www.ppkenya.org Email: contactus.ppk@gmail.com Nairobi.</p>
<p>Tumaini Multi-Counselling Centre Contact Person: Mercy Kirago Thika Arcade 6Th Floor, Rm 619 Tel 0731 691 669 Thika</p>	<p>Lvct Health Nyanza Regional Office Tivoli Centre P O Box 3294 – 40100 Tel: 0723 686 492 Kisumu</p>	<p>Mp Shah Hospital Mental Clinic Phone: 0733 606113, 0733 606752, 0722 204427. Email: Info@mpshahhosp.org Nairobi</p>
<p>Mwa Kenya P O Box: 13005-00100 Tel: +254 701 154 888 Email: minoritywomeninaction@gmail.com Facebook: Minoritywomeninaction</p>	<p>Pema Kenya P.o. Box :41562 80100 Email: pemakenya@gmail.com Phone: +254713681341 Mombasa</p>	<p>Mathari Naonal Teaching & Referral Hospital Nairobi Phone: 0202337694, 020337694 Nairobi</p>
<p>Watu Centre For Health And Advocacy (Wacha) Email: wacha@gmail.com Mobile: +254772970562</p>	<p>Hiv Aids People Alliance Of Kenya Email: Hapakenya2012@Gmail.com P.o. Box 85011 80100 Mombasa</p>	<p>Fountain Of Hope Addiction Treatment Centre. P.o. Box 16546 -00100 Phone: 0208081333, 0731393772 Email: fountainofoperehab@yahoo.com</p>
<p>Portreitz Mental Health And Substance Abuse Department / Moh Facility Address: Portreitz Road Tel: +254 720419 492 Mombasa</p>	<p>Tamba Pwani P.o. Box 1049 - 80108 Kilifi Email: tambapwani@yahoo.com Tel: +254 0776-362470</p>	<p>Mewa Rehabilitation Centre P.o. Box 89427 - 80100, Mombasa Tel: 041473197, 2493157, 0722819795, 0711104297 Email: secretariat@mewa.or.ke Website: www.mewa.or.ke</p>
<p>Usawa Kwa Wote Initiative (Ukweli Mombasa) Email: ukwelimombasa@yahoo.com Kwale</p>	<p>Omari Project P.o. Box 1658, Malindi Tel: 0423160220065, 0728896797, 0733231547, 0721648151 Email: theomariproject@yahoo.co.uk</p>	

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**Mainstreaming Health & Rights
Empowering Communities**

Professionals in Pride Kenya (PPK)