

Mental Health Assessment/Evaluation

A Mental Health Evaluation or Mental Health Assessment is a process by which a professional gain detailed information about an individual's difficulties, emotional state, and behaviors in order to determine a Mental Health diagnosis and to provide recommendations for the most appropriate treatment.

What happens during an evaluation?

During a Mental Health Evaluation, you will answer questions about thoughts, feelings, and behaviors. You may be asked about your symptoms in more detail, such as how they affect your day-to-day life, what makes them better or worse, and whether and how you've tried to manage them on your own. Your clinician will also observe your appearance and behavior: Are you irritable, shy, or aggressive? Do you make eye contact? Are you talkative? How do you appear, compared with others your age? Finally, a detailed review of your past will also be helpful to assist in making a determination of a potential diagnosis.

You can expect for the evaluation to take up to 2 hours, with results provided in a separately scheduled session.

Due to the time and comprehensive nature of Mental Health evaluations, the cost starts at \$400.00.

It is important to know that a Mental Health Evaluation is **not** a predictor of future behavior. In fact, it is unethical to make a determination of future behavior; thus any recommendations made are based on the clinical impression at the time of the evaluation, which include information provided by the client in their present and observed state.

