

COCAINE USE/DEPRESSION CO-OCCURRING DISORDER SELF-ASSESSMENT

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Read each statement and check each box that applies to you. This checklist is not a diagnostic tool, but can help you determine if you have a dual diagnosis of cocaine addiction and depression. Call Icarus Behavioral Health at 702.723.4774 for an assessment and individualized treatment plan

- ☐ I USE COCAINE WHEN I FEEL SAD OR HOPELESS
- ☐ I FEEL DOWN WHEN I'M NOT USING COCAINE
- ☐ MY COCAINE USE INCREASES WHEN I'M STRESSED
- ☐ I CAN'T FEEL JOY, EVEN WHEN I'M SOBER
- ☐ I USE COCAINE TO ESCAPE BAD FEELINGS
- ☐ MY MOODS SWING WITH COCAINE USE
- ☐ I OFTEN FEEL TIRED OR EMOTIONALLY FLAT
- ☐ DEPRESSION MAKES IT HARD TO QUIT COCAINE
- ☐ I ISOLATE AND FEEL ALONE, EVEN WHILE USING
- ☐ I FEEL GUILTY OR ASHAMED ABOUT USING
- ☐ MY SLEEP OR APPETITE HAS CHANGED
- ☐ I'VE LOST INTEREST IN THINGS I USED TO ENJOY
- ☐ I'VE HAD DARK OR SUICIDAL THOUGHTS
- ☐ I FEEL STUCK AND UNSURE HOW TO GET HELP
- ☐ STOPPING COCAINE WILL MAKE ME FEEL WORSE

SCORING YOUR RESULTS

0-4 Checks: You have early signs of emotional or substance struggles, but you can still function in life. It's time to call Icarus Nevada for therapy before things escalate.

5-9 Checks: You may have a dual diagnosis of depression/cocaine use disorder. The issues feed into each other; professional support can help you break the cycle and be well again.

10-15 Checks: You have worsening co-occurring depression and cocaine addiction. Don't try to fix this alone - call Icarus Nevada for immediate help.