

**Discharge planning for persons afflicted with a bipolar disorder**

**PLEASE ASSESS THE DEGREE OF SEVERITY YOUR CURRENT MANIA, DEPRESSION AND ANXIETY**

Print this page and mark your answers with a cross on the line.  
Please discuss the results with your therapist.

**Please assess the degree of severity of your current mania**

No mania

Severe mania

0	1	2	3	4	5	6	7	8	9	10
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Mark your answers with a cross on the line.

**Please assess the degree of severity of your current depression**

No depression

Severe depression

0	1	2	3	4	5	6	7	8	9	10
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Mark your answers with a cross on the line.

**Please assess the degree of severity of your current anxieties**

No anxiety

Severe anxiety

0	1	2	3	4	5	6	7	8	9	10
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Mark your answers with a cross on the line.

Use this questionnaire to discuss with your therapist as to whether the time is right for your discharge.