

**Other reasons for not getting treatment**

Based on my answer to the last question, I wouldnt consider seeking treatment because I am over all pretty happy with things. However, If at some point in my life it came down to me needing to see help, I would not hesitate one second. There are tons of resources out there to help people that struggle with mental illness and I would take advantage of those resources for me and my families sake.

Dont want to take the time.

I am very comfortable seeking help as I need it.

I could not appropriately answer Question 4 above. If I perceived or a loved one perceived that I needed help, I would seek help. But none of allowed responses seemed to convey that sentiment. So I picked the one that closest applies to my current perception of my mental health state. Given my observation about question 4, makes question 5 also a difficult question to properly answer.

I do not see barriers as I am very comfortable seeking out and receiving treatment

I don't think I need further treatment

I haven't made the time to go do it. I find myself sitting at my desk for extended time and not getting up to do things because of my shame in taking care of myself with the ADHD stigma hanging over my head.

I'm in a good spot now,

If I need an future assistant I am well aware where to get hel

no barriers

No barriers in seeking treatment.

No significant barriers.

None

Some people around me tell me I am depressed and anxious, but I don't know if they are right or not. I've lived this way for so long, how do I judge if I have a problem. Do I just take their word for it? And how do I find somebody I can trust to counsel me and help me?

Time away from work

wonder if the contributing factors could be treated by counseling. See a need for outside the box thinking to do better assessments of contributing factors to depression and anxiety