

FOR PERSONAL INJURY LAW FIRMS
THE IRECLAIM

Post-Accident Wellbeing Check

A quick post-accident wellbeing screen for intake — helps identify accident-related psychological injury that standard intake can miss. A screening aid, not a diagnostic instrument.

"I'm going to ask a few quick questions — we want to make sure we're not missing anything important after your accident."

Part 1: Quick Check

1. Since the accident, are you having unwanted memories or bad dreams about what happened?

☐ Yes ☐ No

2. Are you avoiding driving, riding in a car, or anything that reminds you of the accident?

☐ Yes ☐ No

3. Have you been feeling more on edge, jumpy, or having trouble sleeping?

☐ Yes ☐ No

4. Have you been feeling down, stressed, or not interested in things you normally enjoy?

☐ Yes ☐ No

5. Do you feel more anxious or unsafe than you did before the accident?

☐ Yes ☐ No

Part 2: Impact on Daily Life

6. The accident made it harder for you to work, focus, drive, or handle daily tasks?

☐ No ☐ Somewhat ☐ Yes, definitely

Part 3: Overall Direction

7. Since the accident, would you say you are:

☐ Getting better ☐ About the same ☐ Getting worse

Part 4: Red Flags (just check if mentioned)

- ☐ Trouble sleeping most nights
- ☐ Trouble concentrating or remembering things
- ☐ Panic or anxiety attacks
- ☐ Missed work because of how they feel
- ☐ Afraid to drive or be in a car

INTERNAL USE: CONSIDER REFERRAL TO IRECLAIM / BEHAVIORAL HEALTH TEAM IF ANY OF THE BELOW:

- 2 or more "Yes" answers from Part 1
- "Yes, definitely" from Part 2, daily impact
- Client says symptoms are getting worse, Part 3
- Any box checked in Part 4, "Red Flags"

LAST STEP

"A lot of people feel this way after an accident. We work with a behavioral health team that can help. Would you like us to connect you?"

If the client mentions thoughts of self-harm or suicide, treat it as urgent — call or text **988** (Suicide & Crisis Lifeline).