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### Work and Task List

Please note this list is not comprehensive. Also, some items are listed as “Work or task”, because they can be either passively-available or actively-requested. The classification of an individual instance of recognition and response can be difficult to make—for example, is a change in behavior that is somewhere between voluntary and involuntary an “active request” that prompts the dog?

Also, dogs are capable of using cues we might not even have intended in order to turn a commonly requested task into work that is available and then activated whenever the cue is present. However, it's important to keep in mind these distinctions do not impact what really matters, that the dog is providing assistance. Therefore we recommend the use of this list as a guide regarding what a service dog might be able to do for someone with a psychiatric disability, with the caveat that each individual will have different needs that might be fulfilled in a variety of ways.

Symptom	Assistive Behavior	Assistance Type
Aggressive driving	Alert to aggressive driving	Work
Anxiety	Ground handler	Work or task
	Guide handler to a safe place	Work or task
	Tactile or deep pressure stimulation	Work or task
	Tactile stimulation	Work or task
Apathy	Ground handler	Work
Catatonic behavior	Alert to incipient anxiety or panic attack	Work
Change in breathing pattern	Pressure and warmth stimulation	Work or task
Chills	Ground handler	Work or task
Delusions	Tactile stimulation	Work
Depersonalization	Tactile stimulation	Work
Derealization	Remind handler to perform daily routines	Work
Disorganization	Provide reliable signals to handler regarding emotions	Work
Difficulty assessing emotions	Tactile stimulation to "break the spell"	Work or task
Difficulty initiating movement	Lead handler to important locations on cue	Task
Difficulty navigating	Ground handler	Work or task
Disorganized speech or behavior	Guide handler home or to a safe place	Work or task
Disorientation or confusion	Ground handler	Work
Dissociation	Tactile stimulation to interrupt	Work
	Tactile stimulation to interrupt	Work
	Grounding	Work
	Tactile stimulation to interrupt	Work
Dissociative flashback	Guide home, to a safe place, or assist crossing streets	Work
Dissociative fugue	Tactile stimulation	Work
Distractibility	Brace or counterbalance handler	Work or task
Dizziness	Alert to emotional escalation	Work
Emotional escalation	Ground handler	Work or task
Fear	Guide handler to a safe place	Work or task
	Tactile or deep pressure stimulation	Work or task
Fear of leaving home	Initiate activity outside the home	Work or task

Feeling overwhelmed	Guide handler to a safe place	Work or task
Feelings of isolation	Initiate activity outside the home	Work or task
	Tactile stimulation	Work or task
Fight or flight response	Guide handler to a safe place	Work or task
Flashbacks or distress	Ground handler	Work or task
	Tactile stimulation	Work or task
Flat affect	Tactile stimulation	Work or task
Forgotten personal identity	Carry handler identification documents	Work
	Give identification documents to others for assistance	Work or task
Hallucination	Hallucination discernment—alert to real people or noises	Work
Hyper focus	Alert to incipient manic episode	Work
Hyper locomotion	Alert to incipient manic episode	Work
Hypersomnia	Wake up handler	Work or task (if alarm-prompted)
Hypervigilance	Ground handler	Work or task
	Search house for intruders	Work or task
Increase in heart rate	Alert to incipient anxiety or panic attack	Work
Insomnia	Remind handler to go to bed	Work or task (if alarm-prompted)
	Stay with and focus on handler	Work or task
Intrusive thoughts/images	Tactile or deep pressure stimulation	Work or task
Irritability	Alert to incipient manic episode	Work
Memory loss	Find keys or telephone	Task
	Remind to take medication	Work or task (if alarm-prompted)
Muscle tension	Initiate activity	Work or task
Nausea	Tactile or deep pressure stimulation	Work or task
Night terrors	Ground handler	Work or task
	Turn on lights	Work or task
	Wake up handler	Work
Olfactory or behavioral cue	Alert to incipient anxiety or panic attack	Work
	Alert to incipient dissociative episode	Work
	Alert to incipient manic episode	Work
Pounding heart	Tactile or deep pressure stimulation	Work or task
Psychomotor retardation	Guide handler using harness or leash	Work or task
Psychosis	Ground handler	Work or task
Racing thoughts	Tactile stimulation	Work or task
Reclusiveness	Initiate activity outside the home	Work or task
Repetitive/compulsive behavior	Interrupt repetitive behaviors	Work
Restlessness or distractibility	Alert to rising anxiety	Work
	Tactile stimulation	Work or task
Sadness or tearfulness	Deep pressure stimulation	Work or task
	Initiate activity	Work or task
	Tactile stimulation	Work or task
Self-mutilation	Ground handler	Work or task
	Interrupt or prevent by alerting or tactile stimulation	Work or task
Sensitivity to sound	Close door to block noise	Work or task
	Ground handler	Work or task
Sensory overload	Ground handler	Work or task
	Tactile or deep pressure stimulation	Work or task

Sleep disturbance	Alert to intruders	Work
	Ground handler	Work or task
	Keep handler in bed	Work or task
Social withdrawal	Initiate interpersonal interaction	Work or task
Startle response	Alert to presence of others	Work
	Ground handler	Work or task
	Stand between handler and others	Work or task
Suicidal ideation	Deep pressure stimulation	Work or task
	Ground handler	Work or task
Trembling	Tactile or deep pressure stimulation	Work or task

**Psychiatric Service Dogs Partners' purpose is to promote the mental health of people using service dogs for psychiatric disabilities by educating, advocating, providing expertise, facilitating peer support, and promoting responsible service dog training and handling.**

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