

Mental Health Assessment

Name:	Date:	
Education:	Age:	Gender:

Question	Answer Options	Answer
How often do you feel overwhelmed or stressed?	Never, Rarely, Sometimes, Often, Always	
How often do you feel sad or depressed?	Never, Rarely, Sometimes, Often, Always	
How often do you feel anxious or worried?	Never, Rarely, Sometimes, Often, Always	
How often do you feel irritable or angry?	Never, Rarely, Sometimes, Often, Always	
How often do you feel lonely or isolated?	Never, Rarely, Sometimes, Often, Always	
How often do you have trouble sleeping?	Never, Rarely, Sometimes, Often, Always	
How often do you feel tired or fatigued?	Never, Rarely, Sometimes, Often, Always	
How often do you feel a lack of interest or pleasure in activities you used to enjoy?	Never, Rarely, Sometimes, Often, Always	
How often do you have trouble concentrating or focusing?	Never, Rarely, Sometimes, Often, Always	
Have you experienced any major life changes or stressors recently (e.g., job loss, relationship issues, health problems)?	Yes or No?	
Have you sought professional help for your mental health before?	Yes or No?	
If you answered yes to the previous question, did it help?	Yes, No, or N/A?	
Do you have a support system (e.g., friends, family, therapist)?	Yes or No?	
Are you currently taking any medications for mental health issues?	Yes or No?	
Do you engage in any self-care activities (e.g., exercise, meditation, hobbies)?	Yes or No?	
If you answered yes to the previous question, what are some self-care activities that you enjoy doing?		

READ THE INTERPRETATION →

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Result interpretation:

The results of this worksheet are meant to give you a general sense of your mental well-being.

- If you answered "Never" or "Rarely" to most of the questions, it suggests that you are likely experiencing good mental health. However, if you answered "Sometimes," "Often," or "Always" to several questions, it may indicate that you are experiencing some mental health challenges and could benefit from additional support.
- If you answered "Yes" to the question about major life changes or stressors, it suggests that you are currently dealing with some challenges that may be impacting your mental health.
- If you answered "No" to the question about seeking professional help for mental health issues, it may indicate that you have not yet received the support you need to manage your mental health challenges.
- If you answered "No" to the question about having a support system, it may indicate that you would benefit from building a support system of friends, family, or a mental health professional.
- If you answered "Yes" to the question about taking medications for mental health issues, it suggests that you are currently receiving treatment for your mental health challenges.
- If you answered "No" to the question about engaging in self-care activities, it may indicate that you are not prioritizing your mental health and could benefit from incorporating self-care into your routine.

Remember this:

It's important to note that this worksheet is not meant to provide a clinical diagnosis, and if you are experiencing persistent, recurring, or severe mental health symptoms, it's important to seek support from a mental health professional.

NOTES: