

Mental Health Check-in Worksheet

Patient Information:

Full Name:

Date of Birth:

Gender:

Address:

Phone Number:

Email:

Health Information:

Primary Care Physician:

Current Medications (if any):

Allergies (if any):

Emergency Contact:

Relationship to Patient:

Phone Number:

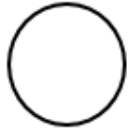
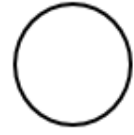
Instructions:

This worksheet is designed to help you visually represent your current feelings and outline actionable steps to achieve those goals. Please take the time to reflect on your mental well-being and consider what areas you would like to improve. Your healthcare provider will work with you to develop a plan that supports your mental health goals.

Section 1: Reflection on Current Mental Health

Rate your overall mood in the past week on a scale of 0 to 10, with 0 being extremely low and 10 being extremely high.

Select the emoticon(s) that best represent how you feel at the moment. If it's not found below, draw on the blank faces.



- Happy
- Sad
- Angry
- Worried
- Relieved
- _____
- _____

What are the primary challenges or concerns affecting your mental health at the moment?

What aspects of your mental health do you feel are currently strong or resilient?

Section 2: Identifying Mental Health Goals

List three specific mental health goals you would like to achieve in the next 3-6 months.

Section 3: Breaking Down Goals into Action Steps

For each goal, outline three actionable steps you can take to work towards it.

Section 4: Seeking Support and Resources

Identify the people or resources you can turn to for support in achieving your mental health goals.

Section 5: Regular Review and Adjustment

Rate your overall mood at the time of goal setting on a scale of 0 to 10.

Draw emoticon(s) that best represent how you feel after setting your goals:

Plan a date for reviewing your progress on these goals. Consider adjustments or modifications as needed.

Review Date:

Date of Completion:

Disclaimer: This worksheet is a tool for self-reflection and is not a substitute for professional mental health advice. Please consult with your healthcare provider for guidance on your mental health goals.