

Mental Health Assessment

We Level Up



MENTAL HEALTH ASSESSMENT



Welcome to Mental Health Assessment

Remember that this quiz is not a substitute for professional assessment or diagnosis. It serves as a basic self-assessment tool to help individuals reflect on their mental health and seek appropriate support if needed. If you're struggling with your mental health, please consider reaching out to a mental health professional for a comprehensive evaluation and guidance.

*By taking this free quiz, you may obtain your results online and in your email box. You'll have the opportunity to opt-in to learn more about your symptoms, talk to a mental health consultant and join our newsletter. Rest assured your information is private and confidential. Results, consultations and assessments are provided without any cost to you and without any obligation. If you do not wish to provide your contact information, you may omit it during your quiz. Thank you for opting in and participating. To you best of health.

For each question, please answer "Yes" or "No" based on your experiences over the past two weeks.

Have you been feeling persistently sad or downhearted?

- a. Yes
- b. No

Do you frequently worry or experience excessive anxiety?

- a. Yes
- b. No

Have you noticed significant changes in your appetite or weight recently?

- a. Yes
- b. No

Do you have trouble falling asleep or staying asleep?

- a. Yes
- b. No

Have you experienced a loss of interest or pleasure in activities you once enjoyed?

- a. Yes
- b. No

Do you often feel fatigued or lacking in energy?

- a. Yes
- b. No

Have you had difficulty concentrating or making decisions?

- c. Yes
- d. No

Are you frequently irritable or angry?

- a. Yes
- b. No

Have you had thoughts of self-harm or suicide?

- a. Yes
- b. No

Do you often feel hopeless about the future?

- a. Yes
- b. No

Have you withdrawn from social activities and isolated yourself?

- a. Yes
- b. No

Do you frequently experience physical symptoms such as headaches, stomachaches, or muscle tension without a clear medical cause?

- a. Yes
- b. No

Have you experienced a major life stressor recently (e.g., loss of a loved one, job loss, breakup)?

- a. Yes
- b. No

Do you have a support system in place, such as friends or family members you can confide in?

- a. Yes
- b. No

Are you currently seeking professional help or therapy for your mental health concerns?

- a. Yes
- b. No

Check the results. Count the number of "Yes" responses you selected.

Little or No Indication of Mental Health Concerns

0-2 "Yes" responses: Your mental health appears to be generally stable, but it's important to continue monitoring your well-being and seek help if you notice any changes.

Moderate Indication of Mental Health Concerns

3-7 "Yes" responses: You may be experiencing mild to moderate mental health concerns. Consider reaching out to a mental health professional or counsellor for support.

Get a Free assessment, Free consultation, and Free answers to your questions 24/7. Without any obligation.

Strong Indication of Mental Health Issues

8 or more "Yes" responses: Your mental health may be significantly impacted, and it's crucial to seek help from a mental health professional as soon as possible. We encourage you to schedule an appointment with your doctor or your mental health professional. We Level Up treatment center provides world-class care with round-the-clock medical professionals available to help you cope.

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