

ABOH



BREATHE IN HOPE EXHALE CHANGE

ABOH

Mental Health Test



Instructions: Answer the following questions with "Yes" or "No"

- 1 Have you felt sad or down most of the time in the past two weeks?
- 2 Do you often find it hard to concentrate or make decisions?
- 3 Have you experienced changes in your sleep patterns, such as insomnia or oversleeping?
- 4 Do you frequently feel anxious, worried, or fearful?
- 5 Have you lost interest in activities that you once enjoyed?
- 6 Do you feel fatigued or low in energy, even after a full night's sleep?
- 7 Have you been withdrawing from friends, family, or social activities?
- 8 Do you find yourself feeling overwhelmed by daily tasks?
- 9 Have you had thoughts of harming yourself or feeling like you want to escape your life?
- 10 Have you experienced significant changes in your appetite or weight?



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Results

- Mostly "Yes" (7-10 Yes): You may be experiencing symptoms of mental health concerns. It is advisable to seek support from a mental health professional to further explore your feelings and find effective coping strategies.
- Some "Yes" (3-6 Yes): You might be facing some challenges that could benefit from attention. Consider discussing your feelings with someone you trust or a mental health professional for guidance.
- Mostly "No" (0-2 Yes): You may not be currently experiencing significant mental health concerns. However, mental health can fluctuate, so it's important to maintain self-care practices and check in with your feelings regularly.

If you or someone you know needs assistance, reaching out for help is a positive and courageous step.

