

How to Screen for Your Mental Health

"How are you feeling?"

We may hear this a lot from our friends and loved ones but don't know exactly how to respond when you aren't feeling okay.

Mental health is a key part of your overall health. Screenings are a quick way to determine if you or someone you care about may need to reach out to a doctor or mental health professional for an evaluation.

Completing these screenings will help you determine if your recent thoughts or behaviors may be associated with a common treatable mental health issue.

We cannot link these screenings to any one individual so you remain anonymous.

Take these screenings anywhere you feel comfortable.

It takes only a few minutes per screening and at the end you will be presented with information and next steps.

How does the screening work?

Select the statement that fits how you have been thinking or behaving. Answer the brief set of questions about yourself and how you are feeling. Get comprehensive explanations about your moods and behaviors. Access informational materials about what you can do to help yourself.

So take a screening!

Give yourself the power of knowing what exactly you may be feeling and if you really are okay.

For more information visit screening.mentalhealthscreening.org/tarheel ^[1]

[1] <http://screening.mentalhealthscreening.org/tarheel>