

Your Personalized Report

Okay, let's tackle this mental health assessment report. The user is under 18, which means I need to be extra careful with language and resources. They're answering for themselves, so the focus should be on their own experiences.

Primary concern is stress. They mentioned withdrawing from social activities, low energy, difficulty concentrating somewhat, sad mood, and their coping strategies aren't effective. But sleep and appetite are normal. Since they're a minor, I should consider age-appropriate recommendations.

First, the analysis. They're stressed, sad, low energy, social withdrawal, and trouble concentrating. Even though sleep and appetite are okay, the other factors are concerning. Since they're a teen, social withdrawal can be a big issue. Need to highlight the key points without medical terms. Maybe mention how stress is affecting their mood and social life.

For recommendations: Start with practical strategies. Maybe mindfulness or relaxation techniques since their coping isn't working. Then physical activity to help with energy and mood. Third, reconnecting socially but in a low-pressure way. Also, since they're under 18, suggesting talking to a trusted adult is important. School counselor would be a good resource here.

Professional help: Suggest therapy, maybe CBT, but phrase it in a non-scary way. School counselor as a first step. Crisis resources like hotlines just in case. Even though there's no mention of immediate crisis, better to include them.

Need to make sure language is empathetic, not judgmental. Avoid terms like 'depression' unless certain, but they did mention sadness. Focus on stress management and support systems. Also, reassure them that seeking help is okay and they're not alone.

****Mental Health Assessment Report****

****1. Analysis of Current Mental State:****

Based on your responses, it sounds like you're experiencing significant stress and sadness that's impacting your daily life. While your sleep and appetite remain stable, low energy, social withdrawal, difficulty concentrating, and feelings of sadness suggest your stress may be affecting your emotional well-being. It's understandable to feel overwhelmed when coping strategies don't seem to help, and withdrawing from others can make these feelings feel heavier. Your self-awareness in recognizing these challenges is a strength—acknowledging them is an important first step.

****2. Actionable Recommendations:****

- ****Practice Small, Grounding Activities:**** Try short, calming exercises like deep breathing (inhale for 4

Recommended Resources

Crisis Hotline: 1-800-273-TALK

[Mental Health America](#)

Start New Assessment