



Prioritizing Mental Health



MINDSCAN,

a mental health checkup camp

brought to you by Mending Mind.

Test Administrator:

Name

Test

Date

15-04-2025

Mending Mind - Prioritizing Mental Health

Treatment | Therapy | Transformation

+91-8433805514

support@mendingmind.org

mendingmind.org

Shingar vastu building, Gr floor, Flat no 001, JN Road, Mulund west, Mumbai 400080

Mental Health Evaluation

Name: Test

ID: MSAQ25KMIm

Age: 19

15-04-2025

Sex: Male

Report generated on

Based on how you answered the questions, your results are as follows:



anxiety



stress



depression

You have scored within the Mild range for depression symptoms. Your anxiety symptoms are Moderate. Your stress levels are Normal.

About the Test:

The Depression Anxiety Stress Scales – 21 (DASS-21) is 21-item self-report measure designed to assess the severity of general psychological distress and symptoms related to depression, anxiety, and stress in adults older adolescents (17 years +)

Note: This assessment is a tool to gauge anxiety, depression, & stress, not a definitive diagnosis. For any mental health concerns, please consult a professional clinical psychologist, therapist, or psychiatrist.

	Anxiety	Stress	Depression
Normal	0-6	0-10	0-9
Mild	7-9	11-18	10-12
Moderate	10-14	19-26	13-20
Severe	15-19	27-34	21-27
Extremely Severe	20-42	35-42	28-42

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Tips for Anxiety Relief

1. **Deep Breathing:** Try the 4-7-8 technique: inhale for 4 seconds, hold for 7, exhale 8.
2. **Grounding Techniques:** Use the 5-4-3-2-1 method: identify 5 things you see, 4 you touch, 3 you hear, 2 you smell, and 1 you taste.
3. **Limit Stimulants:** Reduce caffeine and sugar; choose herbal teas or water.
4. **Create a Routine:** Establish a daily routine for structure and predictability.
5. **Adult Coloring Books:** Use coloring books for a soothing, meditative activity.



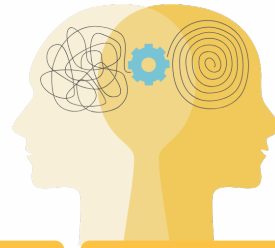
Tips for Stress Management

1. **Time Management:** Break tasks into smaller steps and prioritize them.
2. **Mindfulness Meditation:** Use apps like Headspace or Calm for guided mindfulness exercises.
3. **Physical Activity:** Exercise regularly to reduce stress hormones and boost endorphins.
4. **Set Boundaries:** Learn to say no and avoid overcommitting yourself.
5. **Hobbies and Interests:** Spend time on relaxing activities you enjoy.



Tips for Managing Depression

1. **Social Connection:** Reach out to friends, family, or support groups.
2. **Healthy Diet:** Eat a balanced diet with fruits, vegetables, lean proteins, & whole grains.
3. **Regular Sleep Schedule:** Maintain consistent sleep routines; aim for 7-9 hours per night.
4. **Set Small Goals:** Break larger goals into achievable steps to build confidence.
5. **Mirror Work:** Use positive affirmations in front of a mirror to boost self-esteem.



TREATMENT

THERAPY




TRANSFORMATION

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kinjaljain@mendingmind.org
support@mendingmind.org



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Founder,
Kinjal M Jain