

Mental Health Prediction Report

Prediction: Unlikely to seek treatment

Probability of Seeking Treatment: 41.59%

Explanation & Coping Strategies:

A mental health model predicts the patient is Unlikely to seek treatment therapy with 0.4159184396266937% probability.

Explain what this means, suggest coping strategies, next steps, and list professional or government mental health resources (helplines, counseling, etc.).

The patient is unlikely to seek treatment therapy with 0.4159184396266937% probability. This means that the patient is not likely to be open to receiving treatment for their mental health issue and will therefore probably avoid counselors. These are some coping strategies:

- Reach out to friends & family, you may need support from them in this time of crisis.
- Exercise regularly, it helps relieve stress.
- Make a gratitude list every day.

Next steps:

- Get more information about your mental health issue (from doctors or online).
- Seek help if you need to, don't hesitate to reach out for support.
- Talking through issues with friends and family can be helpful.
- Join a group therapy session in person or online.

Mental Health Resources:

- National Suicide Prevention Lifeline (24-Hour, Free

Mental Health Support Helplines:

- Vandrevalla Foundation Helpline: 1860 266 2345
- Snehi Mental Health Support: +91 95822 16880
- iCall Psychosocial Helpline: +91 9152987821
- AASRA Suicide Prevention: 91-22-27546669