

Mental Health Support Report

Risk Level: **Medium**

Risk Assessment Explanation:

Moderate risk factors identified. Monitoring and support recommended.

Medical Assessment Factors:

- Sleep Hours: 4 - Sleep deprivation can significantly impact mood regulation and cognitive function.
- Mental Health History: yes - Previous mental health conditions increase risk of recurrence.
- Blood Sugar Issues: None - Impact assessment unavailable.
- Recent Life Events: work stress - Work-related stress can significantly impact mental health and requires coping strategies.

Key Indicators:

- Total Messages: 3
- Negative Sentiment: 1
- Positive Sentiment: 0
- Crisis Indicators: 0

Support Recommendations:

- Consider counseling or therapy
- Monitor symptoms daily
- Practice stress-reduction techniques
- Address sleep hygiene and consider sleep study

Clinical Considerations:

- Monitor symptoms and functioning over next 2-4 weeks
- Consider counseling or therapy if symptoms persist
- Encourage healthy coping strategies and lifestyle modifications
- Address sleep hygiene and consider sleep study if chronic insomnia persists
- Address recent life stressors through targeted counseling or stress management techniques
- Evaluate work-life balance and consider workplace accommodations if needed

This report is for support purposes only and is not a medical diagnosis.