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| Mental Health and Wellbeing | | | | |
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| How has your psychological / mental health been, in the last 4 weeks? (1-10) | | | | |
| In the last 4 weeks, how often has your mental health created problems in your daily life? | | | | |
| Have you ever been diagnosed with a mental health issue? | | | If so, when? | |
| Details: | | | | |
| Current identified mental health risks: | | | | |
| Historical and contextual mental health risks: | | | | |
| **Kessler 10** | **Score**  /50 | \* Score under 20 are likely to be well  \* Score 20-24 are likely to have a mild mental disorder  \* Score 25-29 are likely to have moderate mental disorder  \* Score 30 and over are likely to have a severe mental disorder | | |
| 1. During the last 30 days, about how often did you feel tired out for no good reason? | | | |  |
| 2. During the last 30 days, about how often did you feel nervous? | | | |  |
| 3. During the last 30 days, about how often did you feel so nervous that nothing could calm you down? | | | |  |
| 4. During the last 30 days, about how often did you feel hopeless? | | | |  |
| 5. During the last 30 days, about how often did you feel restless or fidgety? | | | |  |
| 6. During the last 30 days, about how often did you feel so restless you could not sit still? | | | |  |
| 7. During the last 30 days, about how often did you feel depressed? | | | |  |
| 8. During the last 30 days, about how often did you feel that everything was an effort? | | | |  |
| 9. During the last 30 days, about how often did you feel so sad that nothing could cheer you up? | | | |  |
| 10. During the last 30 days, about how often did you feel worthless? | | | |  |
| Mental Health Notes: | | | | |
| Mental Health Goals: | | | | |