



## 3. mental-health-assessment.pdf

### Title: Mental Health Assessment Guide

#### 1. What is Mental Health Assessment?

It is a process used to evaluate a person's emotional, psychological, and behavioral condition.

#### 2. Why Assessment is Important

- Identify mental health issues
- Plan treatment
- Track improvement

#### 3. Common Mental Health Issues

- Anxiety
- Depression
- Stress
- Anger issues
- Trauma

#### 4. Assessment Methods

##### a) Interview Method

Talking with the person about their feelings and experiences.

##### b) Observation

Watching behavior and emotional reactions.

##### c) Questionnaires

Self-report forms like:

- Stress scale
- Depression inventory

#### **d) Behavioral Tests**

Used to measure reactions and thinking patterns.

### **5. Warning Signs to Check**

- Loss of interest
- Sleep problems
- Mood swings
- Social withdrawal
- Negative thinking

### **6. Basic Self-Assessment Questions**

- Do you feel sad most of the time?
- Do you feel anxious or worried often?
- Do you have trouble sleeping?
- Do you feel hopeless?

### **7. When to Seek Help**

A person should consult a professional if:

- Symptoms last more than 2 weeks
- Daily life is affected
- There are thoughts of self-harm

## **8. Conclusion**

Mental health assessment helps in early detection and proper care of mental health problems.