



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.