

CompanionMind

mental health report

Patient Information:

Name: Sruthi Age: 24 Sex: Female Country: United States

Mobile Number: 8555935216 Landline Number: 855-593-5216

Occupation: Corporate Self-Employed: nan

Medical And LifeStyle Information

What is your Family History of Mental Illness Status:

No

How many days do you spend indoors per week:

1-14 days

How are your Growing Stress Levels:

Yes

What are the Changes in your Habits:

No

What is your History of Mental Health Issues:

Yes

How are your Mood Swings:

Medium

Are you facing Coping Struggles:

No

What is your Interest in Work:

No

Are you facing Social Weakness:

Yes

Have you conducted Mental Health Interview:

No

Are you aware of Care Options:

Not sure

The model predicts and gives:

The model predicts a high likelihood of depression. Please seek professional help.

Summary:

Sruthi exhibits signs of heightened stress, mood swings, and struggles with coping mechanisms. Their mental health history suggests past experiences with Yes, which may be exacerbated by occupational stress and limited social interaction. A mental health interview was conducted, revealing a need for structured intervention and support.

Recommendations:

1. Professional Counseling: Seeking regular therapy sessions to address stress management and coping strategies.
2. Lifestyle Changes: Encouragement to engage in physical activities and hobbies to reduce stress.
3. Support Network: Encouraging social interactions and community engagement.
4. Mental Health Resources: Providing information on available care options and support groups.

Next Steps:

A follow-up session is recommended in four weeks to monitor progress and adjust the treatment plan if necessary.

This report is confidential and intended for the patient's personal and medical reference.