

Mental Health Risk Predictor

Answer a few questions to get your mental health risk level, recommendation, and personality snapshot.

Diagnosed with mental health condition?

☐ Yes ☒ No

Interest in work or daily activities

☐ Very low
☒ Somewhat low
☐ Neutral
☐ Somewhat high
☐ Very high

Recent stress increase

☐ No increase
☒ Slight increase
☐ Moderate increase
☐ Significant increase
☐ Extreme increase

Frequent mood swings?

☒ Yes ☐ No

Struggling to cope with challenges?

☒ Yes ☐ No

Currently receiving treatment?

☒ Yes ☐ No

Family history of mental health issues?

☒ Yes ☐ No

Gender

☐ Female ☒ Male ☐ Other

Assess My Risk

Risk Level

High Risk 🧐

Recommendation

We encourage reaching out to a licensed mental health professional for support.

 **Emotional Type: Resilient but Overwhelmed**

- **Stress-Prone:** 33%
- **Emotionally Aware:** 85%
- **Social Sensitivity:** 70%

You may feel deeply and prioritize others. Take space to breathe and be kind to yourself.

 **Top Risk Contributors**