Mental Health Risk Predictor

Answer a few short questions to receive your mental health risk level, a helpful recommendation, and an AI-generated message of encouragement.

Have you ever been diagnosed with a mental health condition? • Yes • No	How interested are you in your work or daily activities? Very low Somewhat low Neutral Somewhat high Very high	How much has your stress level increased recently? • No increase Slight increase Moderate increase Significant increase Extreme increase
Have you been experiencing frequent mood swings?	Are you struggling to cope with daily challenges? • Yes • No	Are you currently receiving mental health treatment? • Yes • No
Does your family have a history of mental health issues? • Female • Other Assess My Risk		
⊗ Your Risk Level		
High Risk		
★ Recommendation		
We encourage reaching out to a licensed mental health professional for		

Al-Powered Encouragement

Dear [User],

Firstly, I want to commend you for taking the time to assess your mental health. That's an incredibly brave step to take and I want to reassure you that you're not alone on this journey. Many people experience similar challenges and there's an abundance of help available for you.

Your results indicate a high level of mental health risk, which means it's very important to seek professional help. Although this may feel