

# Mental well-being outcomes

## WHO-5 Well-being Index

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Gender: Male

Current address: Swoyambhu, Kathmandu

Age: 25

Date: 2025-08-04

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Percentage Score: 4/100

Explanation:

It cannot be said that your level of well-being is good. You may have a problem like depression. In such a situation, it is mandatory to seek advice and help from the concerned specialist.

Some relief measures and solutions to improve your level of well-being .

- Urban Health Promotion Centers
  - Specialist Mental Health Services - Babarmahal
  - Teaching Hospital, Kanti Children's Hospital
  - Patan Mental Hospital - Lagankhel, Lalitpur
  - Hotline: 1166
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Source:

World Health Organization. The World Health Organization-Five Well-Being Index (WHO-5). Geneva: World Health Organization; 2024.

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