LIFE CAN BE HARD.

YOUR MENTAL HEALTH DOESN'T HAVE TO SUFFER.

GET INFORMATION AND TOOLS THAT CAN HELP.

VISIT MHANATIONAL.ORG/MAY FOR TOOLS2THRIVE.





EVERYONE FACES CHALLENGES IN LIFE THAT CAN IMPACT THEIR MENTAL HEALTH.

THIS MAY, TAKE A MENTAL HEALTH SCREEN AT MHASCREENING.ORG.

IT IS A QUICK, FREE, AND PRIVATE WAY TO **ASSESS YOUR MENTAL HEALTH AND RECOGNIZE** SIGNS OF MENTAL HEALTH PROBLEMS.



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ANXIETY TEST PSYCHOSIS TEST

Not Secure - screening.mhanational.org

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Take a Mental **Health Test**

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.

DEPRESSION TEST

POSTPARTUM DEPRESSION TEST

TAKE A MENTAL HEALTH TEST