



# Mental health symptom self-assessment

Mental health refers to a patient's behavioral and emotional well-being. According to the World Health Organization (WHO), "Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community." There are many variations of mental well-being that can be assessed, and it can be overwhelming to understand all the different components of them.

Mental Health America (MHA) has created several online screenings that can help you quickly and easily determine if you may be experiencing symptoms of a mental health condition.

MHA was founded in 1909 and is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans.

To complete the online screening(s) visit **[Walgreens.com/mentalhealth](https://www.walgreens.com/mentalhealth)** or scan the QR code.



For additional services and tools visit **[Walgreens.com/findcare](https://www.walgreens.com/findcare)**

If you or someone you know needs help now, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or call 911.

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