

# Concerned about your mental health?

*One in five people will experience a mental health condition in their lifetime.*

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



**Taking a mental health screening is quick and easy, free of charge, and completely anonymous.**

**You can use a computer, tablet or phone, with immediate confidential results.**

## **Screenings are available for:**

- Depression - Anxiety - Bipolar Disorder - PTSD - Postpartum Depression -
- Psychosis - Eating Disorders - Addiction - Work Health -
- Youth Mental Health - Parent Test (about a child's mental health) -
- Depression (Spanish) - Anxiety (Spanish) -

**Immediately following your screening, you will be connected with information, resources and tools.**

**To take a screening, visit [www.mentalhealthmn.org](http://www.mentalhealthmn.org)**



*Learn more at [www.mentalhealthmn.org](http://www.mentalhealthmn.org)*

**Our services are always free, anonymous and confidential.**