Self-Help Tools

Mental Health Screening Tools
A screening is a tool that has been proven by research to help identify symptoms of a mental health disorder. MHA's screening tools provide an anonymous, free, and private way to learn about your mental health and if you are showing warning signs of a mental illness.

Mental Health Screening Tools

A screening only takes a few minutes, and after you are finished you will be given information about the next steps you should take based on the results. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental health.

MHA has screening tools to help identify signs of:
- Depression
- Anxiety
- Bipolar Disorder
- PTSD (Post Traumatic Stress Disorder)
- Alcohol or Substance Use Problems
- Psychosis
- Eating Disorders

There are also screening tools to help young people and parents to determine if a young person's emotions, attention, or behaviors might be signs of a mental health problem.

Stress Test
This is a questionnaire that was developed to determine the degree of stress you are experiencing.

Stress Test

Interactive Where to Get Help Tool
This tool helps guide you to sources for seeking mental health help based on your answers to a short series of questions.

Interactive Where to Get Help Tool

Worksheets
- Keep Your Mind Grounded
- Physical Symptoms and Feelings Tracker
- Your Mind Your Body - Talking to Your Doctor about Mental Health
- Feeling Safe
- Preparing to Share
When Change Is Hard
The following four worksheets were developed to accompany the #4Mind4Body Challenge and provide questions to think about as you plan to make changes in favor of a healthier lifestyle.

- When Changing Diet Is Hard
- When Changing Exercise Is Hard
- When Changing Sleep Is Hard
- When Managing Stress Is Hard

A Letter to Risky Business
This worksheet provides prompts for working through why you take part in risky behaviors, how they are harming your wellbeing, and what you can do take control of these behaviors.

A Letter to Risky Business

Filling The Void
What makes you turn to risky behaviors? What needs are you trying to fulfill?

Filling The Void

Think Ahead
Organizing your thoughts and taking steps to feel better can be tough when you’re weighed down by a mental health disorder. That’s why it’s important to think ahead. At a time when you’re feeling well and able, use this worksheet to prepare or plan ahead.

Think Ahead

Stopping Stupid Thoughts
This worksheet lays out a five-step process for challenging cognitive distortions or "stupid thoughts." These inaccurate or exaggerated thoughts can be extreme and frequent, and often damage self-esteem, mood, and relationships with others, contributing to anxiety and depression - which is why it's so important to work through them.

Stopping Stupid Thoughts

What’s Underneath
Taking the time to slow down and identify what we are really experiencing can help us feel better and can improve our relationships with others. This worksheet will help you to build your emotional vocabulary to help you better understand and communicate your feelings.

What's Underneath