

MENTAL HEALTH TREATMENT READINESS CHECKLIST



Check any statements that describe your current mental health status. This quiz is for self-reflection only and does not constitute a diagnosis or medical advice.

- My mental health hurts my daily life or relationships.
- I feel overwhelmed and want to make a change.
- I'm open to learning new ways to cope with my feelings.
- I want to prioritize my mental health my physical health.
- I'm willing to ask for help when I need it.
- I believe I can feel better with the right support.
- I'm ready to commit to healing and growth.
- I need support to manage my mental health.
- I'm ready to work through difficult feelings with a professional.
- I hope for a more balanced live, where I control my emotions

The more boxes you check, the more likely you are ready for professional mental health treatment. Call us at 520-999-2560 for a professional evaluation.