

Mental Health Self Check-In

Please answer each question by selecting Yes or No based on how you've felt over the past few weeks.

1. **Have I been feeling persistently sad, down, anxious, or overwhelmed most days?**
 Yes No
2. **Have I lost interest or enjoyment in activities I used to find meaningful or pleasurable?**
 Yes No
3. **Do I have difficulty sleeping (too much or too little) or notice significant changes in my energy level?**
 Yes No
4. **Have I experienced changes in appetite or weight that concern me?**
 Yes No
5. **Do I struggle with concentration, decision-making, or staying focused on daily tasks?**
 Yes No
6. **Have I been feeling unusually irritable, restless, hopeless, or emotionally numb?**
 Yes No
7. **Do I feel excessive guilt, shame, or worthlessness, even when I haven't done anything wrong?**
 Yes No
8. **Has my mental or emotional state interfered with my work, school, relationships, or daily responsibilities?**
 Yes No
9. **Have friends, family, or coworkers expressed concern about my mood, behavior, or wellbeing?**
 Yes No
10. **Do I find myself withdrawing from others or avoiding social interactions more than usual?**
 Yes No
11. **Have I had thoughts about harming myself, feeling better off not being here, or concerns about my safety?**
 Yes No

If you answered "Yes" to question 11, reach out to a trusted person or mental health professional as soon as possible. If you are in immediate danger, call 911 or go to your nearest emergency room.

Interpreting Your Results

- **0 - 1 Yes answers**

Low concern. Your responses suggest minimal current impact. Continue checking in with yourself and seek support if changes occur. You can also visit our [Mental Health](#) resource page for helpful information, articles, and tools.

- **2 - 3 Yes answers**

Mild concern. You may be experiencing early or situational challenges. Talking with a healthcare or mental health professional could be helpful. If you would like to schedule an appointment with a St. Luke's Penn Foundation professional, call 484-822-5700. You can also visit our [Mental Health](#) resource page for helpful information, articles, and tools.

- **4 - 5 Yes answers**

Moderate concern. Your responses suggest ongoing emotional or mental health challenges. A professional evaluation or counseling may be beneficial. To schedule an appointment, call 484-822-5700.

- **6 or more Yes answers**

High concern. Your answers suggest significant impact on your well-being. Seeking professional mental health support is strongly recommended. To schedule an appointment, call 484-822-5700. You can also visit our [Mental Health Walk-in Center](#) – no appointment necessary.