

Safety Tip of the Week Mental Health Risk

AFRH Safety Office reminds you that 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.

Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.



Unsure which screen to take?

- ✓ The [Depression Test](#) is for individuals who are feeling overwhelming sadness.
- ✓ The [Eating Disorder Test](#) can help explore eating related concerns that have an impact on your physical health and overall well-being.
- ✓ The [Anxiety Test](#) is for people who feel that worry and fear are affecting their ability to function day-to-day.
- ✓ The [Addiction Test](#) (Alcohol and substance use test) will help determine if your use of alcohol or drugs is an area to address.
- ✓ The [Bipolar Test](#) is for individuals who have mood swings - or unusual or extreme shifts in mood and energy.
- ✓ The [Youth Test](#) is for young people (age 11-17) who are concerned that their emotions, attention, or behaviors might be signs of a problem.
- ✓ The [PTSD \(Post Traumatic Stress Disorder\) Test](#) is for those who are bothered by a traumatic life event.
- ✓ The [Parent Test](#) is for parents of young people to determine if their child's emotions, attention, or behaviors might be signs of a problem.
- ✓ The [Psychosis Test](#) is for young people (age 12-35) who feel like their brain is playing tricks on them (seeing, hearing or believing things that don't seem real or quite right).
- ✓ The [Work Health Survey](#) is a screen to explore how healthy or unhealthy your work environment is. It is in testing phase and every screen taken helps us better understand mental health in the workplace.

Click on the appropriate screening underlined test quick link and following screening, you will be provided with information, resources and tools to discuss the results with a provider.