



## Mental Health & Well-Being Assessment

### General Mental Well-Being

1. On a scale of 1-10, how would you rate your overall mental health? (1 = Poor, 10 = Excellent)  
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2. Do you feel comfortable talking about your mental health and emotions with others?  
(Yes/No/Sometimes)
3. How often do you feel overwhelmed or stressed?
  - Daily
  - Weekly
  - Occasionally
  - Rarely

### Emotional Health & Coping Strategies

4. What are some ways you currently cope with stress or difficult situations?  
\_\_\_\_\_  
\_\_\_\_\_
5. Do you have a support system (family, friends, mentors) that you can talk to when feeling down? (Yes/No)
6. Have you ever practiced mindfulness, meditation, or other relaxation techniques?  
(Yes/No)

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7. When facing challenges, how do you typically respond?

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- I try to stay positive and find solutions
- I get anxious or discouraged easily
- I avoid dealing with the problem
- Other: \_\_\_\_\_

#### School & Work-Related Stress

8. Do you experience anxiety related to school, work, or career planning? (Yes/No)

9. What are the biggest stressors in your academic or professional life right now?

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10. How do you usually manage pressure from deadlines or expectations?

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#### Self-Care & Healthy Habits

11. How many hours of sleep do you get on average per night?

- Less than 5 hours
- 5-6 hours
- 7-8 hours
- More than 8 hours

12. Do you engage in physical activity or exercise regularly? (Yes/No)

13. How often do you take breaks or time for self-care?

- Daily
- A few times a week
- Rarely
- Never

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### Emotional & Social Support

14. Do you ever feel lonely or isolated? (Yes/No/Sometimes)

15. Have you experienced any major life changes recently that have impacted your mental health? (Yes/No)

16. What kind of support do you think would help improve your mental well-being?

- A mentor to talk to
- Professional counseling/therapy
- More time for self-care and relaxation
- Other: \_\_\_\_\_

### Final Thoughts

17. Is there anything specific you would like to discuss regarding your mental health or personal growth during the mentorship program?

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18. Do you have any goals related to improving your mental well-being? If so, what are they?

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