

Faith and Mental health Quiz for you or your loved one:

### Mental Health Quiz

1. Has your loved one or have you experienced increased anxiety, depression, or dark thoughts lately?

- Yes

- No

2. Do they or you struggle with feeling alone, hopeless, or like life is not worth living?

- Often

- Sometimes

- Rarely

- Never

3. Have they or you withdrawn from family/friends or lost interest in activities once enjoyed?

- Yes

- No

4. Is their or your sleep habits or nutrition out of balance?

- Yes

- No

5. Are they or you facing extreme pressures with school, activities, sports, or other obligations?

- Yes, extremely overwhelmed

- Somewhat more than usual

- No, handling things fine

6. Have you or they experienced trauma, grief, chronic illness, or other life difficulties recently?

- Yes

- No

7. Do you or they have a strong support community to turn to during this season of mental health struggles?

- Yes, absolutely

- Somewhat

- No, feeling very alone

8. Have you or they considered getting professional counseling or support?

- Yes

- No

9. Are you or are they open to inviting Jesus into the situation and seeking comfort from God?

- Yes

- No

- Unsure

Scoring: If you or your loved one answered negatively for multiple questions, it may be time to reach out for help and support. Consider resources from StayHere.live and speak with a pastor or Christian counselor. You are not alone! God cares, and there is hope.