

WHAT'S ON YOUR MIND?

I'm worried about money.

I feel anxious a lot of the time.

School is stressing me out.

My friend seems depressed.

My relationship isn't going well.

I'm having a hard time sleeping.

I don't feel like myself.

Are life's concerns taking a toll on your behavioral health? Find out how you're doing by taking a quick, anonymous self-assessment at the link below.

<https://screening.hfihub.com/LivingWell>