

MyWellbeing

# Understanding the **Mental Health Screen**

## What is a mental health screen?

A Mental Health Screen is a short, confidential assessment designed to help you better understand your current wellbeing. Based on the Depression Anxiety Stress Scales (DASS-21), the screen measures levels of stress, anxiety, and low mood, providing insight into how you're feeling and coping.

## What Happens After You Complete the Screen?

While the screen does not provide a diagnosis, it can offer valuable insights and connect you with support and wellbeing resources if needed.

Once you've completed the assessment, you'll receive immediate feedback based on your responses. If your results indicate moderate to high-risk factors, **a qualified MyWellbeing Coach will contact you within 8 business hours to offer free, confidential coaching and support.**

If your results indicate positive wellbeing, you'll receive confirmation at the end of the screen.

## Your Privacy Matters

All responses remain confidential and will not be shared with your employer without your consent.

Your work email is required to access the screen, while any additional contact information is only used for coaching and support purposes where required.

## Why should I complete one?

Taking just 5 to 10 minutes to complete, the Mental Health Screen provides an opportunity to reflect on your mental wellbeing and better understand how you are feeling.

### Key Benefits



#### Gain Insight into Your Wellbeing

Understand how you're currently tracking across stress, anxiety, and mood.



#### Identify Concerns Early

Spot potential challenges before they begin impacting your work, relationships, or daily life.



#### Validate Your Experience

Sometimes it's hard to put feelings into words. A screening can help clarify what you're experiencing.



#### Connect with Support Early

If additional support may be beneficial, we'll help connect you with the right coaching and wellbeing resources.

**Ready to Check In With Yourself?**
Access the screen through **www.mywellbeingnt.com.au** to get started.

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