

WHEN DO I NEED TO GET HELP?

Take the 10-Point Mental Health Assessment!

by David George Brooke and Miki Speer

David George Brooke and Miki Speer are not doctors and encourage you to consult yours.

"BRAIN PEACE"

- B** - *Be Mindful*
- R** - *Restrict Screen Time*
- A** - *Attitude of Gratitude*
- I** - *Increase Sleep*
- N** - *No Negative People*

- P** - *Passions and Hobbies*
- E** - *Exercise Everyday*
- A** - *Acknowledge Emotions*
- C** - *Community Connection*
- E** - *Eliminate Junk Food / Inputs*

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REFLECTION

David George Brooke and Miki Speer both acknowledge the importance of going to the doctor for mental health concerns. This assessment is to help you take positive action steps prior to consulting your doctor. Please contact a medical professional right away if you are feeling overwhelmed, depressed, lonely, considering self harm, or noticing symptoms of your depression getting worse.

CONTACT INFO



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