



# Have you checked in with yourself lately?

Use our *assessment tools*, developed with experts using recognised scales and measures, to check your mental health status.



Scan the QR code  
to access all of the available  
assessment tools.

Be sure to use the *mental health screening tool* first to help determine which of the other tools is best to support you.

Find out more from [www.vets-in-mind.org](http://www.vets-in-mind.org)

Please note that your details and results are not collected by this website or sent/shared anywhere.