



# 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.