

# TAKE THE TEST SNOWFLAKES

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Location **New York**  
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 Mental Health Assessment

15-20 MINUTES <https://www.psychologytoday.com/tests/health/mental-health-assessment>

You should be thinking about seeking the help of a therapist? If certain issues have been causing problems in your life and you aren't sure how to make the necessary changes, therapy can help. With the help of a professional, you can get out of an unhealthy cognitive, emotional, and behavioral pattern.

Fill out the following questionnaire truthfully, paying special attention to the specified time period to which the questions refer. The results will only be helpful if you answer in an honest and complete manner.

:: BOOST YOUR MOTIVATION :: MANAGE PROBLEMS :: OVERCOME NEGATIVE INNER SETTINGS ::

The object of this test is to assess your mental health. It is a unique test which is directed towards both basic categories of mental disorders (neuroses - anxiety disorders, depression, schizophrenia) and stress of different origins and tries to reveal their foundations.

The time for completing the test is not limited. However, try to work quite quickly and do not think about the individual sentences too long. Allow about 15-20 minutes for doing the test. Answer truthfully, not according to your wishes. The result of the test should work for you, not the other way round.


The test is designed for adults. The provider cannot and does not bear any responsibility for potential mental distress or other troubles which the result of the test could cause you. If you are worried about your reaction to the result, we do not recommend that you undertake the test.

See also the terms of use of web and disclaimer.

The assessment of the test is available immediately, the test is fully on-line. The result is very extensive, you can find explanations of all professional terms used. If some disorders are found here a medical foundation of the next diagnosis should be a

An example of this can be found here

The test is also immediately available and completely free

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