



Printable mental health worksheet

How do you define mental health?

How would you rate your mental health?

What are your strengths for strong mental health?

What do you think is your weakness for bad mental health?

How can you improve your mental health?



References

[Prince, M., Patel, V., Saxena, S., Maj, M., Maselko, J., Phillips, M. R., & Rahman, A. \(2007\). No health without mental health. *The lancet*, 370\(9590\), 859-877.](#)

[Walsh, R. \(2011\). Lifestyle and mental health. *American Psychologist*, 66\(7\), 579.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.