

# Mental Health Needs Assessment Form Sample

A **mental health needs assessment form** sample is a valuable tool used to identify and evaluate an individual's psychological well-being. It helps professionals gather essential information to tailor effective treatment plans. This form ensures comprehensive support by addressing specific mental health concerns and needs.

## Personal Information

Full Name:

Date of Birth:

Contact Number:

## Background Information

Have you been previously diagnosed with a mental health condition?

If yes, please specify:

Current Medications:

## Mental Health Concerns

Check any that apply:

- Anxiety
- Depression
- Stress
- Trauma
- Other (please specify):

## Additional Notes

Please describe any additional concerns or relevant information: