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Get started today by taking the Mental Health Profile Assessment and be entered to win a \$100 Amazon Gift Card!

Mental health is vital to your overall wellbeing. Though when we hear "mental health" we tend to think of the negative things that can happen like feeling anxious, depressed, or stressed. Did you know that mental health also includes emotional, psychological, and social wellbeing? Things like our happiness, eating habits, and job or relationship satisfaction can affect our mental health, too!

Take this [assessment](#) to find out how you're doing in over 20 areas of mental health and emotional, psychological, and social wellbeing. All users who create an account and complete the assessment by December 20th will be entered in a drawing to win a \$100 Amazon Gift Card.



Your Privacy Matters

Your personal information including your name, email address, and responses will not be shared with Monroe County.

Take the [Mental Health Profile Assessment](#) for a chance to win!

