

One in five people are affected by mental illness at least once in their lifetime



**Anxiety** is an emotion characterized by feelings of tension, worry and physical changes like increased blood pressure. It may also include physical symptoms such as sweating, trembling, dizziness or a rapid heartbeat (APA).



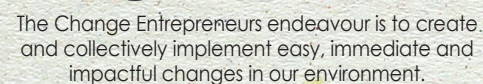
**Depression** is characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness and poor concentration (WHO).

Feeling low for prolonged time periods? Here are some Interventions!



Below are some statements about feelings and thoughts.  
Please tick the box that best describes your experience of each over the last 2 weeks

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Good news, your wellbeing score is above average. You have great emotional maturity. You have found the path to happiness, which greatly benefits not only you but those around you as well.

