

# The Mood Self-Assessment



"Why do I feel so down?". "Can I feel happier?". Can I control my fears?".

Whatever you need to know about coping with stress, anxiety or depression or just generally improving your emotional wellbeing the NHS Choices Moodzone is there to help. It offers practical, useful information, interactive tools, and videos to support you on your way to feel better.

Click the link below to complete the Mood self-assessment;

<http://www.nhs.uk/conditions/stress-anxiety-depression/pages/mood-self-assessment.aspx>