



IS MENTAL HEALTH COACHING RIGHT FOR YOU?  
Take this 3-minute assessment!

We understand that the journey towards well-being is unique for each individual, and we're here to support you every step of the way. This assessment is designed to help you better understand your specific needs and challenges, so you can choose the services that are right for you.

CHECK ANY OF THE FOLLOWING THAT APPLY TO YOU:

- I feel the need to process my struggles with a good listener.
- I am tempted to share my struggles with friends or family, but I know that's not the best option.
- I want to talk to someone with an understanding of mental health.
- I would like to explore a faith-based approach to boost my emotional well-being and overall functioning.
- I could use help in setting goals, getting organized, and reaching my potential.
- I lack a healthy support network.
- I need relationship or marriage coaching.
- I could use an outside source of accountability and/or guidance.
- I am so close to my struggles that I wonder if I see them accurately. I could use an outside perspective.
- I am basically stable\* but in need of help with common mental health issues such as anxiety, depression, and/or relationships.

If you checked one or more points above, mental health coaching may be right for you!

Visit us online at **Abide.Network** to explore our coaching options.

Trial sessions with a personal mental health coach are available for only \$40.

\*the term "stable" pertains to the absence of auditory or visual hallucinations, the absence of suicidal ideation, and the capacity to maintain a basic level of functionality, even if not at an optimal level. If you are experiencing any of these issues, please seek the assistance of a local, licensed mental health professional. For suicide prevention, dial 988 in the US or do a web search for your country's help line.