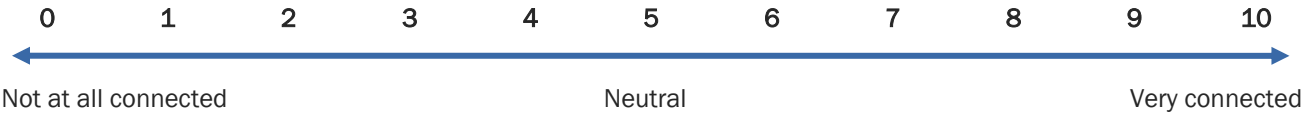
Canadian Coalition for Seniors' Mental Health
Coalition Canadienne pour la Santé Mentale des Personnes Âgées

fountain of health

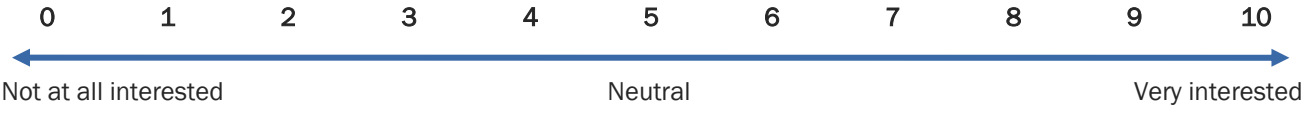
# Health & Resilience Post-Questionnaire

Find out how you are doing in key areas for your long-term health:
(circle ***one*** number for each question below)

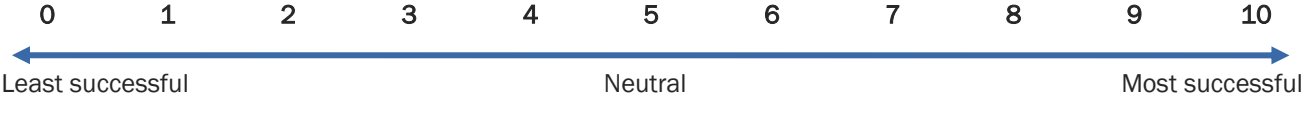
1. How would you rate yourself in terms of being socially connected to others?



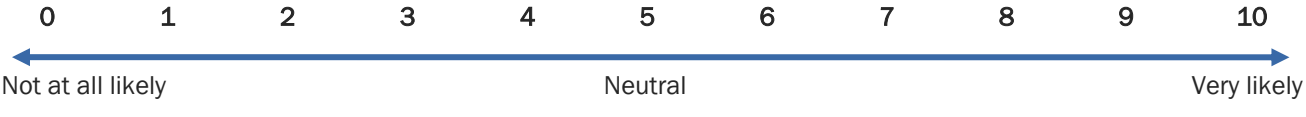

2. How would you rate yourself in terms of being interested in learning new things?



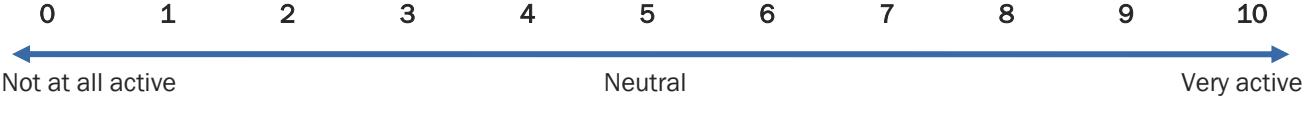

3. Using your own definition, how would you rate yourself in terms of successful aging?




4. How would you rate yourself in terms of how likely you are to seek mental health help if you needed it?




5. How would you rate yourself in terms of being physically active?




Patient Initials: _____ Date (MM/DD/YY): _____ **Total Score: _____ /50**

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