

Health and wellness results

Group or program

Date

Number of answers

Tally how many adults ticked each box. Percent agree = (number of 4s + number of 5s) divided by the total, times 100.

STATEMENT	1	2	3	4	5	TOTAL	% AGREE
1. My body has enough energy for a normal day.							
2. Hard feelings rarely take over my whole day.							
3. If things went wrong, I know who I would call.							
4. Something I am learning keeps my mind curious.							
5. My work, studies or volunteering feel worthwhile.							
6. Money worries rarely keep me up at night.							
7. I feel safe in the places where I live and work.							
8. I know what matters most to me in life.							

In the past 30 days, on how many days was your mental health not good (stress, low mood or worry)

NONE	1 TO 4	5 TO 13	14 OR MORE

Strengths

The two statements with the highest percent agree.

Areas to support first

The two statements with the lowest percent agree.

What the open answers say

Sort the comments into three or four themes.

You said, we will

The two areas the group scored lowest, and what you will offer for each.
