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Benefits News



Test Your Mental Health

This document is part of the OEGB September Newsletter, Anxiety and Depression. To access other resources, visit the [News and Events page](#).

Do you regularly feel stressed or worried about everyday things? Have you lost interest in activities that you used to enjoy?

Feeling anxious or depressed from time to time is a normal part of life. But if your symptoms are chronic, it can affect your overall wellbeing. The good news is that mental health conditions like anxiety and depression are treatable.

If you feel like you may be struggling, the self-guided and confidential tests below can help. Use them to determine if you're experiencing symptoms of a mental health condition, and if you may benefit from seeking care or support:



Depression Test

Assess whether you may be struggling with depression. You can also view resources and recommendations that may help you manage your symptoms.



Anxiety Test

Evaluate whether you may be experiencing anxiety. You can also see resources and recommendations that may help you manage your symptoms.

It can be challenging to live with chronic anxiety and depression. Use these screenings as a starting point for understanding your symptoms and what to do next.

Source: [Mental Health America](#)