

Paranapat Anui, (2023, February), mental health is not for sale, but it can be easily assessed through the Mental Health Check Up: village doctors (526): 61-63.

But the app that will be introduced this time is called Mental Health Check Up, which is an app at the Somdet Chao Phraya Institute of Psychiatry, Department of Mental Health, Ministry of Public Health. made so that Thai people can Initial mental health assessment and filter Where are you at risk for psychiatric problems? At any time, just download it via iOS and Android systems onto your smartphone, then fill in your name, age, and domicile. It can be assessed that Are we at risk of getting sick in any way?

For the assessment category on the Men- tal Health Check Up app, it can assess both stress, depression, memory, and work burnout. Or it can be used to measure the happiness index or EQ, etc. as well.

Each section has a different set of assessment questions. If anyone is sure that there are no symptoms of depression But I want to try to evaluate myself. may be able to answer only 2-3 short questions only for those who feel that they have problems The more questions you answer, the more likely you will come across as many as 20 questions.

Mental Health Check Up is an app that is easy to use, not complicated. Questions used for The assessment is not too hard to read and when the assessment is complete, we will receive advice on **what we should do next to cure the symptoms. getting sick**

However, this app is only intended for approximate assessment of symptoms. **The important thing to do is see a doctor or specialist. proficient to provide assistance will be the best**

Or calling the Mental Health Hotline 1312 for advice is also a good option.

Therefore, if anyone knows that they are suffering from these diseases Don't be afraid of treatment. How quickly do you take care of yourself? It will help to have time to live a happier life for a long time.

