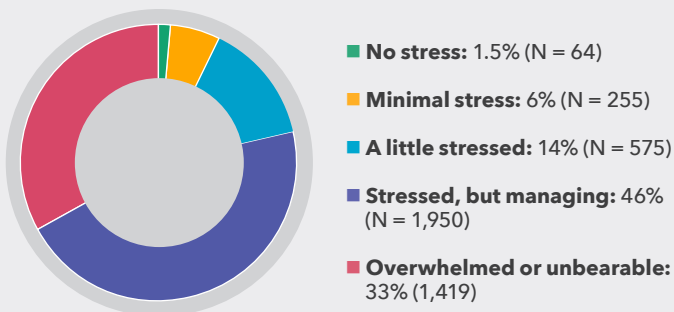


## At a Glance: Stress and Help-Seeking

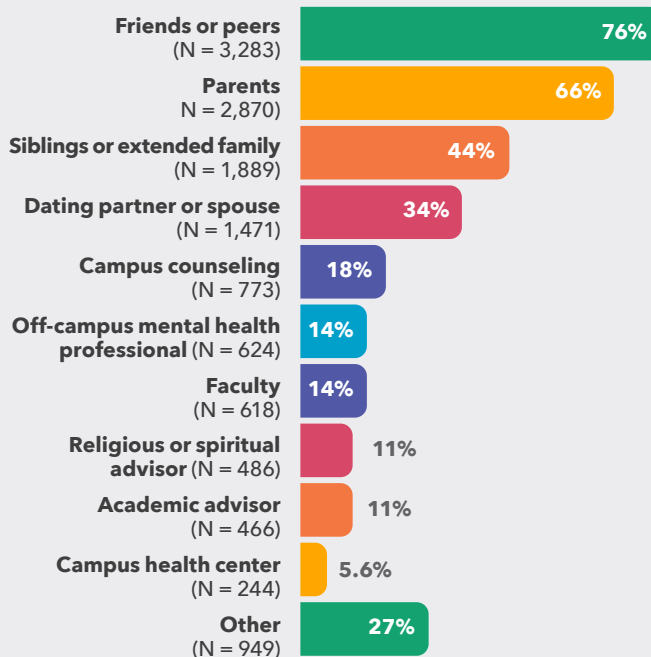
### Stress Level

How stressed have you felt in the past two weeks?



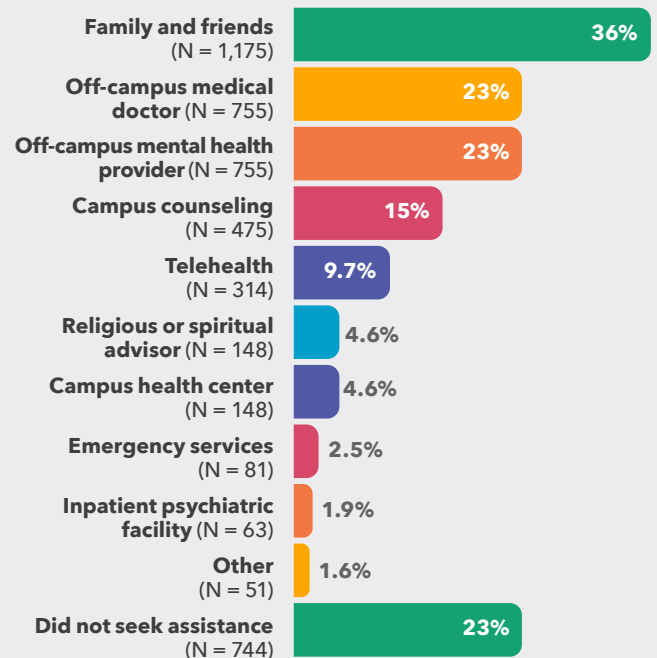
### Assistance Seeking

When asked (hypothetically), who you would go to with stress or problems:

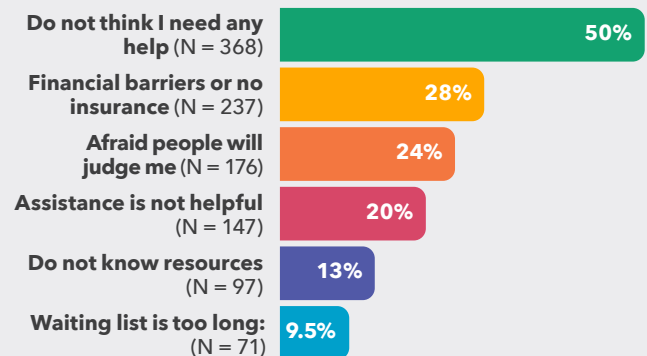


### Assistance Seeking

When asked, where would you seek assistance for mental health issues\*?



Barriers to seeking assistance for mental health issues\*:



\*Select all that apply

Data prepared by Gavin Newberry, PIP Staff.

For more information, visit [mopip.org](http://mopip.org)

Funded by the Missouri Department of Mental Health, Division of Behavioral Health