

RELIEF

Digital Mental Health Assessment and Wellness Platform

RELIEF is a digital mental-health platform designed to help individuals understand their **mental-health vulnerability and current psychological well-being** and identify the appropriate next step.

RELIEF uses psychometric assessment to examine both **lifetime vulnerability** and **current vulnerability**.

Comprehensive Mental-Health Assessment

The RELIEF assessment includes:

Lifetime Vulnerability

A 10-item assessment identifying important lifetime experiences and factors associated with increased vulnerability to mental-health difficulties.

Current Vulnerability

Assessment of four important areas:

- **Stress**
- **Psychological Symptoms**
- **Resilience / Psychological Strength**
- **Functioning**

Together, these domains provide a broader understanding of the individual's current psychological state rather than relying on a single score.

What Does RELIEF Do?

RELIEF answers a practical question:

Who may need support, and what should be the next step?

The assessment results are used to identify the level and pattern of vulnerability and guide an appropriate response.

Depending on the findings, RELIEF may recommend:

Self-care and wellness

For individuals who can benefit from preventive and self-guided support.

Counselling and wellness support

For individuals whose findings indicate that structured guidance may be beneficial.

Professional assessment

When the findings indicate a need for assessment by a qualified psychiatrist or doctor.

Safety referral

When responses indicate significant suicidal or self-harm concerns, the individual is directed toward appropriate immediate professional support rather than routine self-care alone.

Personalized Wellness

RELIEF can guide individuals toward interventions addressing the areas identified through assessment, including:

- Stress management
- Emotional regulation
- Coping skills
- Resilience and psychological strength
- Self-care
- Sleep and healthy routines
- Problem-solving
- Relationships and communication
- Daily functioning
- Positive psychological well-being
- Meaning and personal development

Mental-Health Education

RELIEF also supports **mental-health awareness and self-learning** through educational and e-learning resources. Individuals can learn to understand stress, emotional well-being, coping, resilience, self-care, psychological strength and early warning signs.

The RELIEF Approach

Assess → Understand → Identify Need → Take Action → Reassess

RELIEF is designed to move beyond simply identifying a problem. Its purpose is to help an individual **understand their current state, recognize areas requiring attention and identify an appropriate next step toward better mental well-being.**

RELIEF — Early identification. Personalized support. Better mental well-being.