

Top Blood Tests for Mental Health

Lab testing is an integral part of the diagnostic process, and mental health conditions are no exception.

Uncovering underlying physiological imbalances or conditions can help your healthcare provider create a personalized treatment plan. Various types of blood tests can be used to identify and treat illnesses that either cause or exacerbate mental health symptoms.

Complete Blood Count with Differential (CBC diff) Test

COUNTS AND MEASURES BLOOD CELLS

This test can help diagnose conditions that contribute to mental health symptoms, such as anemia, infections, inflammation, bleeding disorders, and certain systemic conditions.



Comprehensive Metabolic Panel (CMP) Test

MEASURES VARIOUS CHEMICALS AND SUBSTANCES IN THE BLOOD

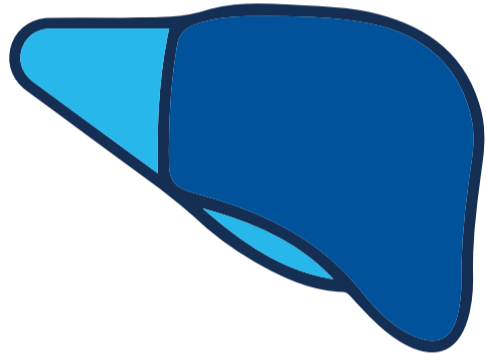
Like the CBC diff test, CMP helps detect underlying conditions that contribute to mental health symptoms.



Lipid Panel Test

MEASURES CHOLESTEROL LEVELS AND OTHER LIPID COMPONENTS IN THE BLOOD

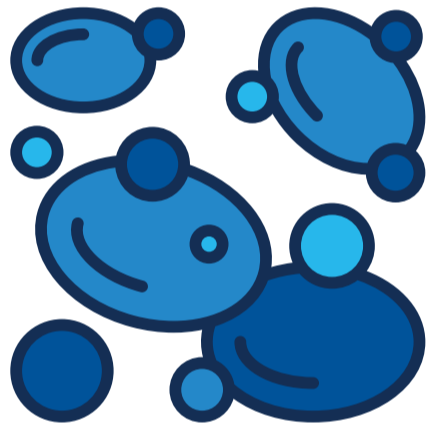
This test helps ensure you have proper medication dosages and a reduced risk of mental health symptoms associated with those medications.



Liver Function Test

MEASURES ENZYMES AND PROTEINS PRODUCED BY THE LIVER

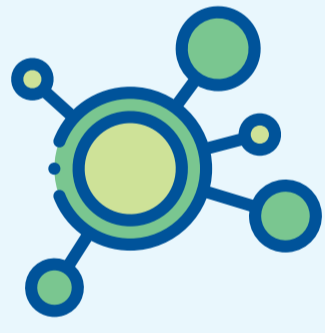
This test helps monitor the effects of some medications and is important to get at the interval your provider suggests to reduce mental health symptoms.



Hemoglobin A1C Test

ASSESSES AVERAGE BLOOD SUGAR LEVELS OVER A TWO-TO-THREE-MONTH PERIOD

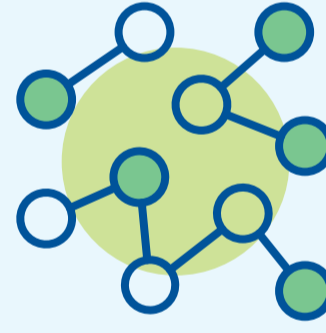
Fluctuations in blood sugar levels can impact mood stability and lead to mood swings or other mental health symptoms.



Vitamin and Mineral Test

TESTS FOR DEFICIENCIES IN CERTAIN VITAMINS AND MINERALS

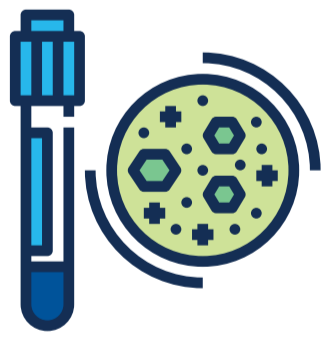
Certain deficiencies in vitamins and minerals, such as vitamin D, B12, and iron, have been associated with an increased risk of depression, anxiety, and other mental health disorders.



C-Reactive Protein (CRP) Test

MEASURES THE LEVELS OF C-REACTIVE PROTEIN IN THE BLOODSTREAM

Elevated levels of CRP have been linked to depression and other mood disorders.



Toxicology Test

DETECTS THE PRESENCE OF DRUGS OR TOXINS IN THE BODY

Certain drugs and toxins in the body can affect mental health by inducing psychiatric symptoms.



Lead Level Test

IDENTIFIES RISK FACTORS OF TOXIC LEAD EXPOSURE

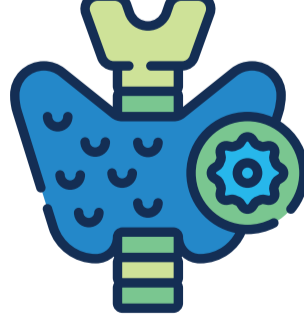
Lead poisoning can cause severe health issues, including ones that contribute to mental health symptoms.



Lyme Disease Test

DETECTS ANTIBODIES PRODUCED IN RESPONSE TO INFECTION WITH THE BACTERIUM BORRELIA BURGDORFERI

Lyme disease can lead to neurological symptoms, including mood swings, cognitive deficits, and depression.



Thyroid Function Test

HELPS DETECT THE FUNCTION OF THYROID HORMONES THAT HELP THE BODY REGULATE METABOLISM AND BRAIN FUNCTION

Common symptoms of thyroid abnormalities, such as hypothyroidism or hyperthyroidism, can manifest as mood disorders, fatigue, and cognitive impairment.

Make a Plan with Your Provider

Under the guidance of your healthcare provider, these results can be used to shape a personalized treatment plan to address your mental health concerns. You can also take advantage of convenient testing options like HNL Lab Tests Direct to get you started on your healthcare journey