

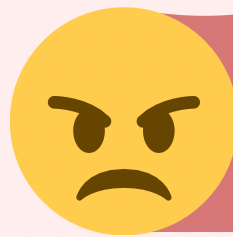


Mental Health Check-In

How are you feeling today?



I'm doing really
great



I'm feeling
angry/irritated



I'm feeling ok



I'm feeling
anxious



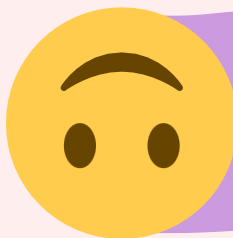
I'm feeling
sad/upset



I'm feeling
depressed



I'm not doing
well and need
help



I'm not feeling
well because of
mental illness

It's ok not to be ok. Remember to drink water,
take a few deep breaths, take your medication if
you have any, and eat food.

