5 Minute Mental Health Checklist:

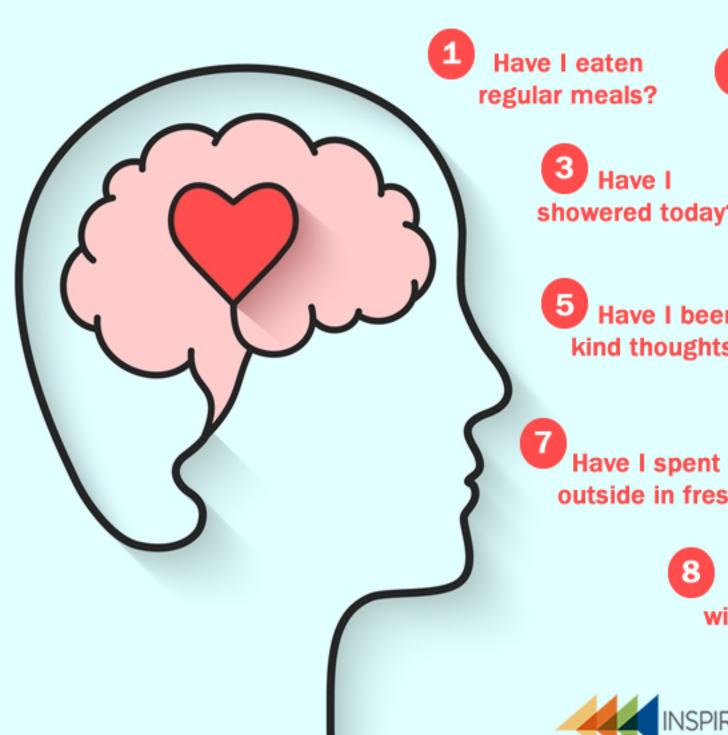
Are you okay? Please take a minute to review your current mental health.

Please know that in the days to come, some of us may experience mental health symptoms.

Please stay connected to yourself and your support systems.

> Call us for support 888-237-4567





Has my mood changed recently?

showered today?

Am I getting enough sleep?

5 Have I been thinking kind thoughts to myself?

Have I spent time outside in fresh air?

Have I moved my body today?

Have I connected with someone I love?

