



Mental Health Check-In Checklist

Don't underestimate the power of a simple check-in. Whether someone is quietly struggling or feeling overwhelmed, reaching out can be a lifeline. A thoughtful conversation can help them process their feelings and know they are not alone.

Here's a quick checklist to help you recognize the signs, start a conversation, and provide support when it matters most.

Recognize the Signs:

- ☐ Withdrawal from friends or activities
- ☐ Sudden mood or behavior changes
- ☐ Expressions of hopelessness or extreme stress
- ☐ Difficulty concentrating or increased irritability

Respond with Support:

- ☐ Let them share without interruption.
- ☐ Acknowledge their feelings and ask how you can support them.
- ☐ Suggest talking to someone or joining a support group if they're open to it.

Start the Conversation:

- ☐ Ask open-ended questions:
 - *"How have you been feeling lately?"*
 - *"I've noticed you seem a bit off; do you want to talk about it?"*
- ☐ Express genuine concern without judgment.

Share Resources:

- ☐ **988**—National Suicide Prevention Lifeline
- ☐ **Crisis Text Line**—Text HOME to 741741
- ☐ Share local support groups or a counselor to speak with.



Call **1-888-287-2680**, Monday through Friday, 8 a.m. to 5 p.m. We can match you with a mental health specialist in your area or help you find addiction treatment.

For help after hours, call us at **1-800-297-6877** so we can evaluate your symptoms, provide next steps, or contact an on-call psychiatrist.



The number one app for sleep and meditation—designed to help lower stress, anxiety, and more.

Sign in to [kp.org](https://www.kp.org) to get started.



Headspace Care (formerly called Ginger) offers 1-on-1 emotional support coaching and self-care activities to help with many common challenges. **Sign in to [kp.org](https://www.kp.org) to get started.**