



# 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 for yourself or for someone you know - to help you recognize the signs, start a conversation, and provide support when it matters most.

## 1 Recognize the Signs

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

## 2 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.

## 3 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.

## 4 Share Resources

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

## Simple, Essential Tips that Can Change Everything

### What To Say (And What To Avoid)

- Try:**
- "I'm glad you told me."
  - "Do you want advice, or do you want me to listen?"
  - "What would feel helpful right now?"
- Avoid:**
- "It could be worse."
  - "Just think positive."
  - "You're overreacting."

### The Follow-Up Plan

- Real support is specific.**
- Check in tomorrow.
  - Ask if they want help finding support.
  - Offer one concrete thing (ride, meal, covering a task).
  - Keep it private and respectful.