wellness check-in

I AM FEELING GREAT

I AM FEELING FINE

I AM FEELING ANGRY / IRRITATED

I AM FEELING ANXIOUS

I AM FEELING DEPRESSED

I AM FEELING SAD / UPSET

I AM NOT DOING WELL & NEED SUPPORT

I AM STRUGGLING WITH MY MENTAL HEALTH

IF YOU NEED SUPPORT:

Call 988

Text 988

Chat at 988lifeline.org/chat

NEW YORK STATE | Office of Mental Health

SPC NY Suicide Prevention Center of New York State

988 SUICIDE & CRISIS LIFELINE

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