

Your Mental Health Cheat Sheet

1. CHECK IN



Check in with yourself

- How am I doing?
- Am I noticing a difference in myself?
- Could I use some extra support?



Have a check-in chat

- Ask someone **how they are doing**
- **Really listen** to their answers
- Let them know **you care** and are willing to **support them**

2. LEARN MORE

Learn when your chosen support system can be helpful:

- Becoming anxious, worried, or overwhelmed all the time
- Being unable to focus on work or school
- Withdrawing from friends and activities
- Feeling sad, hopeless or helpless
- Having difficulty coping with daily problems or stress
- Using more alcohol or drugs than usual or more often
- Acting moody or irritable
- Changing from healthy eating or sleeping patterns to non-healthy eating or sleeping patterns

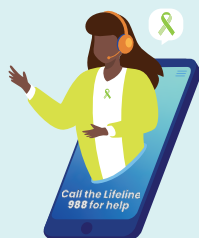


3. GET SUPPORT



Talk openly with someone you trust about what you are experiencing.

Seek help from a mental health professional or your chosen support system.



Connect with others through a Peer support group.

Stay in touch with people who care about you. Tell them specific things they can do to support.



For immediate help, call 9-8-8 or (INSERT County crisis line).
See [TakeAction4MH.com/find-help-now](https://www.takeaction4mh.com/find-help-now) for a list of resources.



CHECK IN

LEARN MORE

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**Take Action at www.TakeAction4MH.com
Connect on social media @TakeAction4MH**

Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).

