

MENTAL

HEALTH

CHECK-IN BOARD



INSTRUCTIONS

Grab a Post-it, write your name on the back and stick it next to the heart that best describes how you are feeling.



I'm great!



I'm okay.



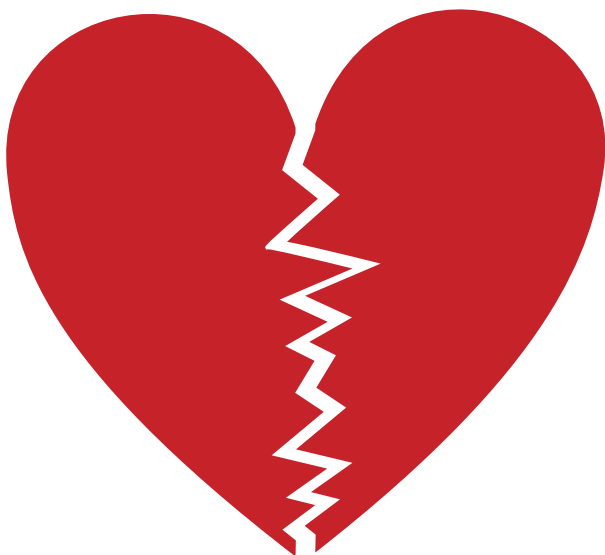
I'm meh.



I'm
struggling.



I'm struggling
and need a
chat.



I'm in a really
bad place.