

How Am I Doing?

It is important to take the time to think about your own mental health.



Use this quick tool to ask yourself “How am i doing?”

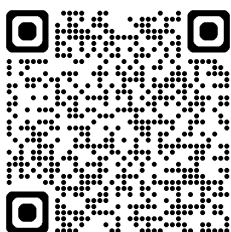
It will help you notice and be able to talk about changes in yourself, a co-worker, family member or friend.

You may notice:

- Physical changes
- Changes in how you think, feel and act
- Changes in substance use

How can I use it?

- Take a minute to see where you are on the colour continuum. Do this daily.
- Text or call a friend or family member and use the colours to talk about how you are feeling, coping or reacting in the moment.
- Do a ‘colour’ check-in at team meetings or as a conversation opener with staff.



To use The Mental Health Continuum self-check, please scan here.



The Working Mind

AN
OPENING MINDS
PROGRAM

If you are in distress, you can call or text 988 (1-866-APPELLE in Quebec) at any time. If it is an emergency, call 9-1-1 or go to your local emergency department.