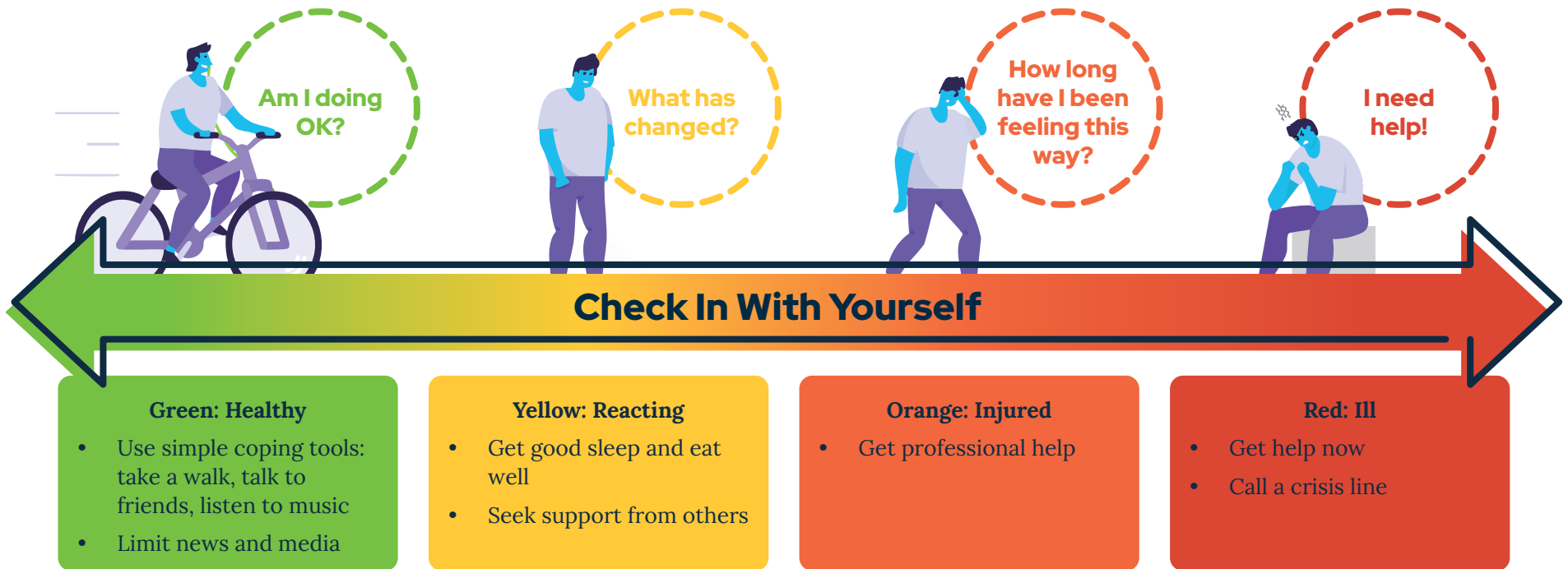


How Am I Doing?

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.

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.

To learn more, please visit
OpeningMinds.org



**Opening
Minds**

MENTAL HEALTH
COMMISSION
OF CANADA