

A central graphic with a light green background featuring abstract, flowing shapes in teal, orange, and purple. Six cloud-like shapes are arranged around a central text area, each containing a question or statement. Small purple starburst icons are scattered in the background.

AM I EATING
REGULARLY?

AM I GETTING
ENOUGH SLEEP?

WHOM CAN I
TALK TO?

MENTAL HEALTH CHECKLIST

Stay connected
friends&family

WHAT AM I
FEELING?

ALWAYS KEEP SMILE