



**HealHub**

Your empathetic wellbeing companion

Resources

Crisis Support

I want to check in with my mood

03:13 PM



Thank you for wanting to check in with yourself - that's such a caring thing to do. Taking time to understand our emotions is an important part of wellbeing.

Let's explore how you're feeling:

💡 \*\*Mood Check-in:\*\*

Take a moment to notice:

- What emotions are present right now?
- Where do you feel them in your body?
- What's one word that describes your current mood?
- On a scale of 1-10, how is your energy level?

Remember, there are no "right" or "wrong" feelings - all emotions are valid and provide us with information.

What's standing out to you as you tune into yourself right now?

03:13 PM

Share what's on your mind...

Anything



[← Back to Chat](#)



## Wellbeing Resources



### Crisis Support - Available 24/7

If you or someone you know is in crisis or having thoughts of self-harm, please reach out immediately. You are not alone, and help is available.

#### National Suicide Prevention Lifeline

**988**

Free and confidential emotional support 24/7

#### Crisis Text Line

**Text HOME to 741741**

Free 24/7 crisis support via text message

#### SAMHSA National Helpline

**1-800-662-4357**

Treatment referral and information service

## Self-Care Techniques

Simple, evidence-based techniques you can use anytime to support your wellbeing.

#### Breathing

##### **4-7-8 Breathing Exercise**

Inhale for 4, hold for 7, exhale for 8 counts

#### Grounding

##### **5-4-3-2-1 Grounding**

Name 5 things you see, 4 you feel,  
3 you hear, 2 you taste  
*Anything*

#### Relaxation

##### **Progressive Muscle Relaxation**

Tense and release muscle groups from toes to head



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I need crisis support resources

03:17 PM



I'm really sorry you're feeling this overwhelmed. You deserve support and care, and you're not alone in this.

Please consider reaching out immediately to someone you trust or a mental health helpline for real-time help:

505 \*\*Crisis Hotlines:\*\*

- National Suicide Prevention Lifeline: 988
- Crisis Text Line: Text HOME to 741741
- International Association for Suicide Prevention:  
[https://www.iasp.info/resources/Crisis\\_Centres/](https://www.iasp.info/resources/Crisis_Centres/)

If you're in immediate danger, please contact emergency services (911) or go to your nearest emergency room.

You matter, and there are people who want to help. Would you like me to help you think of someone you trust who you could reach out to right now?

03:17 PM

Share what's on your mind...

Anything





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self-compassion can make a difference.

03:18 PM

i have a stomach pain

03:19 PM



Thank you for sharing that with me. I can hear that there's something on your mind, and I want you to know that I'm here to listen without judgment.

Whatever you're experiencing right now is valid, and you don't have to go through it alone.

✿ \*\*Gentle reminder:\*\*

- Your feelings matter and deserve attention
- It's okay to take things one moment at a time
- You're stronger than you know, even when you don't feel it
- Small steps forward are still progress

I'm curious - how are you taking care of yourself today? Sometimes the smallest acts of self-compassion can make a difference.

03:19 PM

Share what's on your mind...

Anything

