MENTAL HEALTH
MONTH

WHY

Mental Health Month is a great time to check-in with friends and family.

How is everyone doing?

Have you seen symptoms of depression, anxiety or PTSD? Are you concerned with a family member who drinks too much? Although we always suggest checking in daily, Mental Health Month reminds us of the importance of speaking out and supporting others.
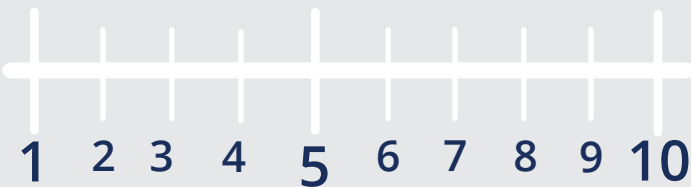
WAIT

Checking-in is key to supporting others!

The answer, "I'm fine or I'm good" does not explain how someone is doing.

TRY THIS:

"On a scale of 1–10, how are you?"

1 2 3 4 5 6 7 8 9 10

HOW

Start by making it a habit. Checking-in should be a daily ritual – just like brushing your teeth. Here is one tip you can try with a family member.

We've all been there....as we walk to work or to the coffee shop and someone asks, "how are you today...?". The answer is almost always "fine thank you" or "good". What does that really mean? Nothing!

Now try this. "On a scale of 1-10, 1 meaning you would rather be anywhere else but here to 10 meaning it is an awesome day, where do you fall?"

If your daughter says, "Dad, I'm a 10", you know she probably won't call you through the day because she has lots of fun, exciting things going on. If your son answers, "Dad, I'm a 3", you might want to check-in and offer support.