

Mental Health Check-In Questions



Our mental health can fluctuate due to daily struggles or challenges. Asking yourself these questions can help you evaluate the state of your mental wellbeing.

1. Am I experiencing aches and pains that I can't associate with a medical condition?
2. Do I find my heart racing without having done exercise?
3. Have I lost interest in activities that I used to like?
4. Do I suddenly sleep more or less?
5. Has there been a change in my appetite?
6. Am I more irritable than usual?
7. Do I feel overly tired even when I have slept enough?
8. Have other people commented about changes that they see in me?

MY NOTES:

The Family Centre's [counselling services](#) and [group therapy](#) are available if you need further help with your wellbeing or moving successfully through challenges.