

Mental Health Checklist

Keeping you and your children's mental health in check.



Talk About it

Have a discussion with your kids about mental health [?](#)

Talk to someone about your struggles with mental health [?](#)

If someone you know is struggling with mental health don't keep it a secret [?](#)

Evaluate Yourself

Take the [Mental Health Quiz](#) [?](#)

Look through the lessons of [the Mental Health Toolkit](#) [?](#)

Get professional help if you need it [?](#)

Self Care

Use a mood tracker [?](#)

Reflect on your day try to find something you are grateful for [?](#)

Exercise [?](#)

Get a good nights sleep [?](#)

Eat healthy [?](#)

Set limits [?](#)

Find a safe place [?](#)

Talk to people don't try to do things alone [?](#)