



MENTAL HEALTH CHECKLIST

I am safe when I'm home



The people I love are safe



I have energy for work



I can make a difference today



Any No's? Turn over to plan for some extra help today



MENTAL HEALTH CHECKLIST

What do I need to do my job today?

Blank white space for writing answers to the first question.

Who can support me today?

Blank white space for writing answers to the second question.

What will I do to care for myself?

Blank white space for writing answers to the third question.

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